**June  Strawberries**

**Nutrition Info**
One cup of whole strawberries has 46 calories.

Strawberries provide vitamin C, fiber and folate.

**Fun Facts**
Strawberries are the only fruit with seeds on the outside, they average about 200 seeds per strawberry!

Strawberries are the first fruit to ripen in the spring.

Did you know there is a museum in Belgium dedicated to strawberries?!?

All kids meals at Piggy’s, a restaurant in downtown La Crosse, come with a strawberry flower for dessert (sliced strawberries fanned out with whipped cream).

**Uses**
Looking for a summer picnic idea? Try fruit kebobs! Skewer strawberries, watermelon, grapes, cantaloupe, blueberries and pineapple.

Strawberries are a great addition to breakfast. Top pancakes, waffles, cereal or fruit parfaits with fresh berries!

**Family Friendly Activities**
Find a local pick-your-own strawberry farm. Have your child help pick fresh strawberries —pick berries that are a deep red in color and are still on the stem. Remember you can freeze extra berries!

Have your child make their own strawberry pizza. Top graham crackers with cream cheese or peanut butter and top with sliced berries.

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**Pick:**
- Choose brightly colored berries with green caps attached.
- Avoid berries with soft spots or mold.

**Store:**
- Refrigerate unwashed berries in a single layer in a non-airtight container lined with paper towels and use within a couple of days.
- To freeze, place clean, hulled berries in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 6 months.

**Prepare:**
- Rinse under cold water and remove green tops just before consuming!
Strawberry Salsa
Serves 4 (about 1/2 cup per serving)

Ingredients:
1 cup chopped strawberries
2 kiwi, chopped
1/2 cup chopped seeded cucumber
1 Tbsp. honey
2 tsp. lime juice
1/2 tsp. ground cinnamon
1/4 tsp. ground ginger
graham crackers*

Directions:
Combine all ingredients; cover and refrigerate for one hour or more to allow flavors to blend. Serve with graham crackers.

*not included in nutritional analysis

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

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