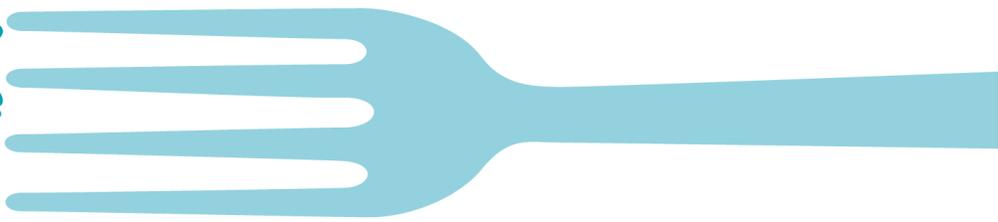


Harvest of the Month



June



Strawberries



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!

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.

Nutrition Facts

Serving Size 1/2 cup (110g)
Servings Per Container 4

Amount Per Serving	
Calories 60	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 1g	
Vitamin A 2%	• Vitamin C 110%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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

Color
Strawberries!

