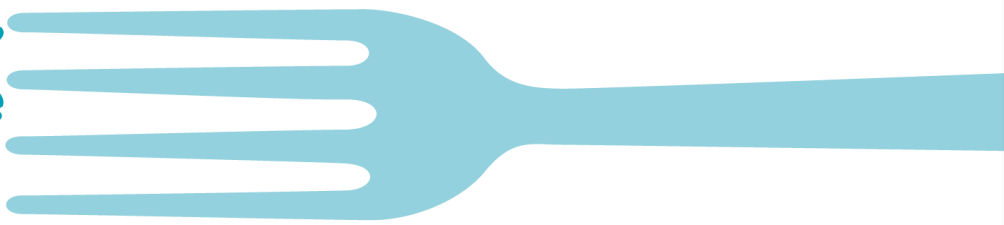


Harvest of the Month



June



Strawberries



Pick:

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

Store:

- Refrigerate unwashed berries in a non-airtight container 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 12 months.

Prepare:

- Rinse under cold water and remove green tops just before consuming!

Nutrition Info

One cup of whole strawberries has 46 calories and provides vitamin C, fiber and folate.

Fun Facts

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

The strawberry plant is a perennial. This means if you plant one now, it will come back next year and the following year and the year after that!

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!

For a sweet treat, dip fresh berries in melted dark chocolate!

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.

Farm2School Updates

Farm to Early Care and Education, also referred to as Farm to ECE is growing in the La Crosse area! Through funding from the W.K. Kellogg Foundation of Battle Creek, Michigan, the Parenting Place has selected five local La Crosse Early Childcare sites. Five additional sites will be selected later this year. Looking forward, selected sites are eager to positively impact their children's health by planting on-site gardens, implementing more fresh and local choices on their menus, engaging families, connecting with community partners, and so much more. For more information about this initiative, contact the Farm to ECE Project Coordinator, Emily Doblar at emilydoblar@theparentingplace.net or (608) 784-8125 ext.250.

Strawberry Rhubarb Applesauce

Serves 4

Ingredients:

- 2 apples, diced (unpeeled)
- 1 cup diced rhubarb
- 1 cup diced strawberries
- ¼ cup honey
- 1/3 cup orange juice

Directions:

In a saucepan over medium heat, combine apples and 1 Tbsp. water. Cook about 5 minutes, stirring often, until apples soften slightly. Add remaining ingredients then turn up heat and bring to a boil. Once boiling, reduce heat and continue to cook, stirring often, for 10 minutes or until rhubarb and apples are soft. Cooled applesauce can be pureed in a blender or food processor if a smoother consistency is desired.

For more information on Farm2School visit: www.laxF2S.org.

Nutrition Facts

Serving Size (205g)
Servings Per Container 4

Amount Per Serving

Calories 140 **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 36g **12%**

Dietary Fiber 4g **16%**

Sugars 30g

Protein 1g

Vitamin A 2% • Vitamin C 70%

Calcium 4% • 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

Color
Strawberries!

