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## STRAWBERRIES

Strawberries are one of the most popular spring fruits. They are sweet, delicious, and packed with what our bodies need to be healthy.



They can be added to many recipes or eaten alone as a great anytime snack. Strawberries can be added to your morning oatmeal or salad at lunch, or they can even be the “sweet” after your supper. Use the following tips and recipes to help you and your family enjoy strawberries.

### SELECT

- ▶ Choose strawberries with a shiny and firm appearance. Avoid those that look mushy or moldy.
- ▶ Strawberries' peak harvest is April through June. Choosing fresh strawberries in season will enhance their flavor and save you money.
- ▶ During the off season, select frozen strawberries. This way, you can enjoy your favorite strawberry recipes year-round.

### STORE

- ▶ Store strawberries in the refrigerator. Eat them within 1 to 3 days.
- ▶ Wash strawberries just before using them. This will keep them from spoiling too soon.
- ▶ When freezing, wash and allow the strawberries to dry completely. Remove the green caps and cut in halves or quarters. Place the strawberries in a labeled and dated freezer bag. Place in the freezer for storage. Use within a year.



### BENEFITS

- ▶ Strawberries have many benefits. They are:
  - high in vitamin C
  - rich in fiber
  - a good source of minerals such as potassium and folate



### FUN WITH FOOD

#### CHILDREN CAN HELP

- Wash and drain strawberries before using.
- Slice strawberries with a dull knife.
- Measure ingredients for the recipe.





## FRUIT SALSA

### INGREDIENTS

- 1 pound strawberries (or 2¾ cups sliced)\*
- 2 peaches\*
- 8 ounces blueberries (or 1 cup)
- 3 tablespoons sugar-free strawberry preserves

\*You can use other fruits, depending on what is fresh or on sale. Or choose the fruits your family likes best. Other good fruits to use are apples, blackberries, raspberries, grapes, and melons.

### DIRECTIONS

1. Wash your hands well with soap and warm water for 20 seconds.
2. Rinse all the fresh fruit with cool water.
3. Drain in a colander.
4. Peel the peaches and remove the pits.
5. Cut all the fruit into small pieces.
6. Put the fruit into a large bowl.
7. Add the strawberry preserves to the fruit.
8. Stir gently until the fruit and preserves are mixed well.
9. Serve with Baked Tortilla Chips. (recipe found at [HappyHealthy.MS](http://HappyHealthy.MS)).
10. Refrigerate leftovers within 2 hours.



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## BERRY BLAST OFF

### INGREDIENTS

- 1 cup strawberries
- 1 cup low-fat granola
- 1 cup blueberries or other fruit
- 1 cup low-fat yogurt, plain or vanilla



### DIRECTIONS

1. Get out four small glasses or wide-mouth jars.
2. Wash your hands well with soap and warm water for 20 seconds.
3. Wash all fruit with cool water. Drain in a colander.
4. Cut the strawberries into slices.
5. Put ¼ cup of strawberries into the bottom of each glass.
6. Sprinkle ¼ cup of granola over the strawberries in each glass.
7. Add ¼ cup of blueberries on top of the granola.
8. Spoon ¼ cup of yogurt on top of the blueberries.
9. Garnish with fresh fruit or granola (optional).
10. Serve.
11. Refrigerate leftovers within 2 hours.

### LEARN MORE:

► To learn more about freezing or storing strawberries, visit [HappyHealthy.MS](http://HappyHealthy.MS) and click on Tips and Videos.

- How to Freeze Fresh Fruits and Vegetables
- How to Store Fruits and Vegetables

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