

HARVEST OF THE MONTH

JUNE: STRAWBERRIES

Strawberries

SELECT

Look for strawberries that are firm, plump, are a rich red color, and dry with green stems. Avoid strawberries that have a lot of seeds in the tips or have wilted leaves.

PREPARATION AND STORAGE

Place berries into a colander. Rinse with cool running water right before eating.

Store in the refrigerator for up to 3 days. Keep in ventilated container or in a partially open plastic bag.

Nutrition

Fiber: helps reduce cholesterol levels and may lower your risk of heart disease.

Vitamin C: helps heal cuts and helps the immune system.



Uses

Eat whole or cut strawberries into slices. Add berries to your favorite oatmeal or yogurt, or mix into a smoothie. Berries can also be a great addition to a summer salad.



Extension
UNIVERSITY OF WISCONSIN-MADISON





Recipe: Berry Banana Popsicles

Ingredients:

- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups vanilla yogurt

Instructions:

Stir all ingredients together in a medium bowl. Pour mixture into popsicle molds or small paper cups with wooden sticks. Freeze for at least 6 hours.

Tips: Blend all ingredients in blender until smooth.

<https://spendsmart.extension.iastate.edu/recipe/berry-banana-popsicles/>



Recipe: Frozen Yogurt Bark

Ingredients:

- 2 cups vanilla yogurt
- 1 ½ cups strawberries, raspberries or blueberries (chopped)
- 3 Tablespoons coconut flakes
- 2 Tablespoons sliced almonds

Instructions:

1. Line a baking sheet with wax paper or parchment paper.
2. Spread yogurt thinly (1/4 inch or less) and evenly on pan.
3. Sprinkle strawberries, raspberries, blueberries, coconut flakes, and sliced almonds on top of the yogurt. Press down gently to make sure the mixture is in the yogurt. Freeze for at least 3 hours.
4. Soften on the counter for about 5 minutes. Cut or break bark into pieces. Serve or store in the freezer in an airtight container for up to 2 months.

<https://spendsmart.extension.iastate.edu/recipe/frozen-yogurt-bark/>

