

ABOUT STRAWBERRIES

Did you know that strawberries are the most popular of all the berries? The strawberry is a member of the rose family. They are an excellent source of vitamin C, folate, and potassium. Also, a very good source of dietary fiber and manganese.



Choose:

- ◆ Bright red berries with their stems intact
- ◆ Smaller berries are usually more sweet and flavorful

Avoid:

- ◆ Soft, moldy and/or shriveled berries

Storage:

Strawberries are extremely perishable and should be refrigerated immediately. Store unwashed strawberries in the refrigerator by putting them on paper towels in a moisture proof container. If your strawberries are starting to turn before you can eat them, freeze them on a cookie sheet. After about 1 hour, put them in a freezer bag with as much air removed as possible. Put back in the freezer.



Serving Tip:

- ◆ Stir strawberries into yogurt, add to batters for pancakes, waffles, and muffins. Scatter them on cereal, slice into a spinach salad, or pour sparkling cider over berries for an elegant dessert.



If you have little ones under the age of 12 months old, it is advised that you speak with your pediatrician before introducing strawberries. Strawberries can cause an allergic reaction in some individuals. It is best to always check with your child's doctor first regarding such foods.

STRAWBERRIES



Strawberry Kale Smoothie

Yield: 3 servings
Time: 15 minutes

Ingredients

1 cup strawberries
1/2 cup kale
1 ripe banana, frozen
1 cup yogurt
3-4 ice cubes
1/4 cup milk or juice



Directions

1. Using a blender, add the kale then the strawberries and yogurt.
2. Slice banana and add to blender.
3. Add ice and milk, blend until smooth. You may want to add half the milk and check the consistency, add more if needed.

During the 2012 CSA delivery and tasting events, this recipe turned out to be a huge hit! One father said he was using a variety of fruit and greens all season long from the CSA boxes he received to make smoothies.

Notes: _____
