

Did You Know...?

- Native Americans ate strawberries long before European settlers arrived. The plant still grows wild today.
- Strawberries are a perennial, meaning they'll come back each year.
- Rinsing strawberries speeds up the spoiling process, so don't clean them until you plan to eat them.
- Strawberries are the only fruit with the seeds on the outside.
- The strawberry is a member of the rose family.
- The strawberry plant is really special. It reproduces itself by making runners which make small plants called daughters that put down roots. The cycle continues—more runners, more daughters, more plants!



"Make a Rainbow On Your Plate"

Make a rainbow on your plate by adding fruits and veggies of different colors into your diet. "Eating our greens" is very important, but it's just as important to eat reds, oranges, yellows, white, blues and purples. Each color provides its own set of unique disease fighting chemicals called phytochemicals.

Strawberries are a great addition to the rainbow on your plate. They are low in calories, fat-free, high in vitamin C, folic acid, potassium and amino acids and they are an excellent source of fiber.



Strawberry Pointers



- Choose firm, plump berries with a rich red color, bright green caps and a sweet smell. Toss out any moldy or dark, soft, damp berries.
- Store unwashed berries in the fridge in a perforated container. The sooner you eat them, the better they are.
- Gently wash berries with cool water just before you eat them.
- Freeze strawberries whole in a plastic bag and enjoy them cold as a refreshing treat.
- Use strawberries in a fruit and cheese kabob or slice them into salads.
- Cut a banana lengthwise. Add sliced strawberries and top with low-fat yogurt or frozen yogurt for a banana split.

Look for the Harvest of the Month display in your local grocery complete with recipe cards provided by Crossing Rivers Health! This month's recipe is an *Amazing Summer Salad*.

Every month, the AmeriCorps Farm to School program shares a "Harvest of the Month" presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program, contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Funding for this newsletter was provided through a 3M community grant.

