



# Give Your Family More of the Good Stuff!



## Strawberry Basics

### Shop and Save

- \* Choose shiny, firm strawberries with a bright red color. Berries at room temperature should smell like strawberries. Attached green caps help berries stay fresh longer.
- \* Choose local berries when possible. They may be riper and more flavorful. Peak season is May, June and July. Smaller amounts are also available through September.
- \* Avoid dull, shriveled, mushy or moldy berries.
- \* Size of the berry doesn't matter. Small berries can have great flavor.
- \* Frozen berries may be a good choice for best flavor when strawberries are not in season. Look for those with no sugar added.

*Strawberries are an excellent source  
of vitamin C that helps  
our bodies heal.*



### Store Well Waste Less



- For best flavor and texture, plan to eat or freeze strawberries very soon after picking.
- To store for 1 to 3 days, refrigerate without washing or removing the green cap. Keeping the berries dry helps delay spoilage.
- Wash strawberries under cool running water just before serving. Drain. Remove caps by twisting or cutting them off.
- For longer storage, freeze cleaned, whole berries on a baking sheet. When firm, transfer to a freezer bag or container. Label and date. Use within a year for best quality.

### Strawberry Math

1 pound = 4 cups whole = 3 cups sliced = 1 3/4 cup mashed





# Cooking with Strawberries

Go to  
[FoodHero.org](https://www.foodhero.org)  
for the  
Yogurt Fruit Dip  
recipe

## Frozen Strawberry Yogurt

### Ingredients:

- 4 cups **frozen strawberries** (unsweetened)
- 1 cup nonfat **plain yogurt**
- 3 Tablespoons **sugar**

### Directions:

1. Combine frozen strawberries, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
2. Serve immediately or freeze in an air-tight container or frozen treat molds for up to 1 month. Frozen leftovers will be very firm. Scrape into serving bowls with a spoon.

**Makes** 4 cups

**Prep time:** 5 to 10 minutes

## Strawberry Salsa

### Ingredients:

- 1 ½ cups fresh **strawberries**, chopped small (about ½ pound)
- ½ **jalapeno pepper**, minced
- ¼ cup **onion**, minced
- 2 Tablespoons **cilantro**, finely chopped
- 1 ½ teaspoons **lime juice**

### Directions:

1. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
2. Refrigerate leftovers within 2 hours.

**Makes** 2 cups

**Prep time:** 20 minutes

**Note:** See directions for **Baked Cinnamon Chips** on [FoodHero.org](https://www.foodhero.org)

## Banana Berry Smoothie



### Ingredients:

- 1 cup sliced **banana** (1 medium banana)
- 1 cup frozen **strawberries** (unsweetened)
- 1 cup nonfat or low-fat (1%) **milk**
- 1 cup **orange juice**

### Directions:

1. Place all ingredients in a blender.
2. Blend until smooth. If too thick, add a small amount of cold water and blend again.
3. Refrigerate leftovers within 2 hours.

**Makes** 4 cups

**Prep time:** 5 to 10 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✱ wash strawberries under cool running water and pull off the green caps.
- ✱ cut strawberries into slices, chunks, or even fun shapes. Ripe strawberries cut easily.
- ✱ fill a blender only about half full and be sure the lid is on tightly.



# High Protein Banana Split

## Ingredients

- 1 **banana**, cut in half crosswise and again lengthwise
- 1 cup **Greek yogurt** (plain or flavored)
- 1 cup whole-grain fortified **cereal** (check the Nutrition Facts label)
- 1 teaspoon honey (optional)**
- ¼ cup sliced **strawberries** (fresh or frozen)
- ¼ cup canned **pineapple** pieces (fresh or canned in 100% juice and drained)

## Directions

1. Wash hands with soap and water.
2. Place 2 pieces of banana next to each other in each of the 2 cereal bowls.
3. Over the banana in each cereal bowl, spoon half the yogurt and sprinkle half the cereal. Drizzle with honey, if desired.
4. Top with fruit and serve.
5. Refrigerate leftovers within 2 hours.



Visit [FoodHero](https://www.foodhero.org) to find this recipe and many more healthy, tasty recipes that fit your budget!