

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Strawberries

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What fruit has an average of 200 seeds on each piece?

STRAWBERRIES!

☞ Select fruit that is firm, shiny and bright red in color with a green leaf at the top.

☞ Avoid green fruit or those with soft or brown spots

☞ Strawberries should be stored in the refrigerator and only be washed right before eating or using in a recipe.

☞ Strawberries are a delicious fruit that are in season in Connecticut during June and early July.

Source: <http://www.fruitsandveggiesmorematters.org>

Nutrition Facts:

- A typical serving size is 8 medium berries
- There are about 50 calories per serving
- Strawberries are an excellent source of vitamin C
- Strawberries contain fiber, and small amounts of calcium and iron

Fresh & Fresher

- ♦ Start your own strawberry patch in a sunny spot in your yard; or
- ♦ Find fresh, local strawberries at a farmers' market or a "pick your own" farm.
- ♦ Local farms & markets can be found in the **PUBLICATIONS** link at www.ct.gov/doag

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5

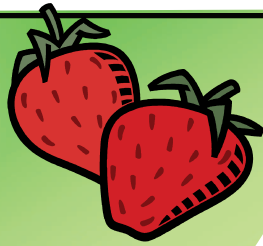


Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Sugar-Free Quick Strawberry Jam

INGREDIENTS

- 2 cups strawberries
- 1 cup cold water
- 1 (3 ounce) package strawberry flavored sugar-free gelatin



DIRECTIONS

1. In a large saucepan crush strawberries. Add water and gelatin, mixing well.
2. Over medium heat bring mixture to boiling, stirring constantly. Reduce heat to low and simmer for 2 minutes.
3. Pour into jars, allow to cool and then cover. Can be stored in refrigerator for 1 week, or frozen for several weeks.

Great for use in Peanut Butter and Jam sandwiches or on your favorite crackers!

Simple ways to enjoy STRAWBERRIES!

Strawberries are a wonderful snack—just wash and eat! Fresh picked strawberries can be eaten leaves and all.

Almond Strawberry Salad

INGREDIENTS

- | | |
|--------------------------------------|-----------------------------------|
| 3 cups fresh baby spinach | 1/2 cup sliced fresh strawberries |
| 1/4 cup sliced honey-roasted almonds | 1 tablespoon cider vinegar |
| 1 tablespoon honey | 1 1/2 teaspoons sugar |



DIRECTIONS

In a large bowl, combine the spinach, strawberries and almonds. In a jar with a tight-fitting lid, combine the vinegar, honey and sugar; shake well. Drizzle over salad and toss to coat. Serve immediately.

Recipe modified from : www.allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!