

Harvest of the Month

JUNE



Strawberries are the most popular berry in the United States. On average, Americans eat more than three pounds of fresh strawberries each year.

It takes 30 days for a strawberry to grow from flower to fruit.

On average, there are 200 seeds on a strawberry.

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STRAWBERRIES in Massachusetts

Strawberries are the first locally grown fruit to ripen in June and are available fresh through July. There are many farms in Massachusetts where you can pick your own berries by the quart.

Strawberry Pointers

- Look for plump berries with a rich red color, green stems, and a sweet smell. Avoid bruised fruit or any signs of mold.
- Refrigerate unwashed berries in a perforated container for up to 3 days.
- Strawberries are best when eaten as soon as possible.
- Before serving, gently wash with cool water with the green caps still intact.

Nutritional Benefits

Strawberries are rich in vitamin C, fiber, and antioxidants and are low in calories.

Enjoying Strawberries

Make a smoothie with low-fat yogurt, strawberries, and a handful of ice for a delicious breakfast or snack. Add strawberries to a salad or on top of oatmeal.

Spinach and Strawberry Salad

Serves 4

Fruits & Vegetables: ½ cup per serving

- 1 cup strawberries, sliced
- 6 cups fresh baby spinach
- 2 tablespoons shallots, finely chopped

Dressing Ingredients

- 2 tablespoons raspberry vinegar
- 2 tablespoons vegetable or olive oil

1. Wash strawberries and pat dry. Remove leaves and slice strawberries.

2. Wash and prepare spinach and shallots. Mix salad ingredients together in a large bowl.
3. In a small bowl, whisk together vinegar and oil. Pour over salad and toss.

TIP: Substitute 4 tablespoons of vinaigrette dressing for raspberry vinegar and olive oil.

Nutrition Facts: Serving size: about 1 cup; Calories: 90; Carbohydrates: 6 g; Fiber: 2 g; Fat: 7 g; Saturated Fat: 1 g; Sodium: 30 mg



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