

# Harvest of the Month



**June 2018**



## Strawberry Smoothie

### Ingredients:

- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries



### Optional Ingredients:

- ½ teaspoon ground cinnamon

### Directions:

1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender.  
If using cinnamon, add now.
3. Cover and blend until smooth.

### Notes:

- For a creamier smoothie, use nonfat, soy, or 1% milk instead of orange juice.
- If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit
- If you don't have a blender, use a fork to mash the fruit. Whisk in the other ingredients. Serve over ice.
- Recipe: <http://cookingmatters.org/recipes/fruit-smoothies>

### Nutrition Facts

Serving Size 1 cup	
Servings Per Recipe 2	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrate</b> 31g	11%
Dietary Fiber 2g	7%
Sugars 22g	
<b>Protein</b> 8g	
Vitamin A 2%	Vitamin C 60%
Calcium 20%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

NORTH COUNTRY REGION  
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# EAT STRAWBERRIES



## Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)  
 Calories 27      Calories from Fat 0

% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

## Strawberry Word Search

Find the words below in the puzzle. Look up, down, sideways, and backwards.

S	U	O	I	C	I	L	E	P	I	C	E	R	I
H	T	U	V	R	C	R	P	R	G	D	B	E	R
E	E	R	D	O	N	I	E	E	O	D	E	K	H
Y	E	Z	A	P	S	E	E	D	S	V	S	M	T
B	W	A	S	W	D	E	T	N	A	S	L	K	I
V	S	C	N	Y	B	A	S	E	E	U	R	I	U
B	R	A	S	P	B	E	R	R	Y	A	I	N	R
S	K	S	R	L	F	N	R	A	R	C	P	R	F
R	S	N	B	C	A	L	I	R	E	S	E	Y	W
I	B	W	S	N	K	S	O	H	Y	T	N	L	A
T	I	K	I	Y	R	R	E	B	K	C	A	L	B
A	G	B	W	V	E	T	R	O	Y	I	C	A	L
T	H	D	A	A	B	L	U	E	B	E	R	R	Y
Q	I	E	X	O	I	I	E	M	R	L	R	A	N

**STRAWBERRY**

**BIG**

**SEEDS**

**BLUEBERRY**

**SWEET**

**CROP**

**BLACKBERRY**

**RED**

**RECIPE**

**RASPBERRY**

**FRUIT**

**RIPEN**

## Reasons to Eat Strawberries:

Eating a ½ cup of strawberries will give you lots of vitamin C. Vitamin C helps your body heal cuts and wounds. It can also help your body fight infection. You can enjoy strawberries fresh, frozen, and even dried – and with any meal or snack!

## Vitamin C Champions\*:

Bell peppers, broccoli, cantaloupe, cauliflower, citrus fruit (like oranges and grapefruit), kiwifruit, leafy greens, and strawberries.

\*Vitamin C Champions are an excellent source of vitamin C (provide at least 20% Daily Value).

## How Much Do I Need?

A ½ cup of sliced strawberries is about four large strawberries. This is about one cupped handful. The amount of fruits and vegetables you need depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need. Eating the right amount of fruits and vegetables every day will help you grow healthy and strong. You also need to get at least 60 minutes of physical activity every day!

## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov/vegetables](http://www.choosemyplate.gov/vegetables) to learn more.

## Test Your Strawberry IQ

(answers below)

- On average, there are about \_\_\_\_\_ tiny seeds on every strawberry.  
 A) 25    B) 100    C) 200    D) 500
- Strawberries are the highest in which vitamin?  
 A) Vitamin A    B) Vitamin B<sub>6</sub>    C) Vitamin C
- Which state produces the most strawberries in the United States?  
 A) Ohio    B) Florida    C) Colorado    D) California

Answers: 1. C; 2. C; 3. D



Cornell Cooperative Extension

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