



Market
Basket
of the month

Strawberries



For fun facts about strawberries, as well as tips and tricks to help you pick, prepare, and eat more strawberries this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemonth.org/>.

Resources include:

[“In The Kitchen” Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)

And more!



June Recipes

Red Berry Parfait

Makes 4 servings

Ingredients

1/2 cup part-skim ricotta cheese
1 small container low-fat vanilla yogurt
16 oz. fresh strawberries, washed
Toasted wheat germ, granola, or chopped nuts for topping (optional)

Directions

1. Place ricotta cheese and yogurt in a blender and whirl until smooth.
2. In 4 cups or bowls, layer 2 tbsp. strawberries, 1/4 of the ricotta mixture from step 1, and 2 more tbsp. strawberries.
3. Top with toasted wheat germ, granola, or chopped nuts, if desired.

Notes

- For more red berry variety, mix strawberries and raspberries or swap one of the layers of strawberries with raspberries.

Nutrition Facts (1 parfait): 130 Calories, 3g Total Fat, 1.5g Saturated Fat, 10mg Cholesterol, 50mg Sodium, 22g Carbohydrates, 7g Total Sugars (0g Added Sugars), 6g Protein.

Source: www.extension.umd.edu

Strawberry Salsa

Makes 8 servings

Ingredients

1 1/2 cups chopped fresh strawberries (about 1 pt. or 10 to 12 oz. before trimming)
1/2 jalapeño pepper, finely chopped
1/4 cup finely chopped onion
2 tbsp. chopped cilantro
1 1/2 tsp. lime juice

Directions

1. Rinse fresh fruits and vegetables under running water before preparing.
2. Mix all ingredients together in a bowl.
3. Refrigerate for at least 30 minutes before serving to blend flavors.

Notes

- Serve with tortilla chips.
- Try adding to tacos or wraps.

Nutrition Facts (1/4 cup): 15 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 0mg Sodium, 3g Carbohydrates, 2g Total Sugars (0g Added Sugars), 0g Protein.

Source: www.foodhero.org

Looking for more delicious and nutritious ways to stay cool this summer? Check out the links below for refreshing drink recipes featuring **strawberries!**

<https://www.aicr.org/cancer-prevention/recipes/strawberry-chia-smoothie/>

<https://recipes.heart.org/en/recipes/peach-strawberry-and-cottage-cheese-protein-smoothie>

<https://www.aicr.org/cancer-prevention/recipes/strawberry-aguas-frescas/>

<https://www.aicr.org/cancer-prevention/recipes/ginger-pink-lemonade/>