

OREGON STRAWBERRIES GROWN FOR SCHOOLS

Healthy, Fit and Ready to Learn

■ Strawberries provide nutrients vital for health, and kids love their taste. ■ Experiment with strawberries at dinner. ■ Add fresh strawberries to a green salad. ■ Looking for a sweet and colorful treat? Top vanilla yogurt with thawed frozen strawberries.

Grown In Oregon

■ Purchase fresh Oregon strawberries from May through August. ■ In the fall and winter, look for frozen Oregon strawberries at your grocery store. Oregon strawberries stay sweet and flavorful when frozen. ■ Strawberries are easy to grow. Grow strawberries in your garden, in a community garden or in a large container.

NUTRIENTS FOUND IN

STRAWBERRIES:

Strawberries are a great source of **Vitamin C.**

Strawberries are also full of **fiber, folate, potassium and antioxidants.**

YOUR OREGON KITCHEN

Quick and easy!

- Add sliced fresh or frozen strawberries to your breakfast cereal.
- Blend frozen strawberries with orange juice or low-fat yogurt to make a quick and tasty smoothie.
- Enjoy fresh strawberries as a tasty snack any time of day.

Pear Strawberry Trifle

Use frozen strawberries to make this treat come together in a hurry.

INGREDIENTS

2 pears, peeled, cored, and thinly sliced

2 cups strawberries, hulled and coarsely chopped

2 Tbs. fresh lemon juice

2 Tbs. almond-flavored liqueur or ½ tsp. almond extract

2 Tbs. orange juice

2 Tbs. honey

½ 9-inch angel food cake, cut into 1-inch cubes

3 cups vanilla or lemon-flavored yogurt, low-fat

1 cup pineapple, fresh or canned

Pear slices for garnish

Mint sprigs, for garnish

DIRECTIONS

1. In a medium bowl, combine the pears, strawberries, lemon juice, and almond liqueur and toss until mixed. In a dish, stir together the orange juice and honey.
2. **Assemble the trifle:** In a deep 2 to 2 1/2-quart glass bowl, layer one-third of the cake cubes and drizzle with 1 tablespoon of the orange juice mixture. Top with 1 cup of the yogurt, 2 cups of the pear and strawberry mixture, and 1/2 cup of the pineapple. Repeat the layers once. Cover with the remaining cake, drizzle with the remaining orange juice mixture, and spoon the remaining yogurt over the top.
3. Cover with plastic wrap and refrigerate for at least 1 hour or up to 4 hours. Garnish the trifle with pear slices and mint sprigs just before serving.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES*

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ – 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Source:

www.fruitsandveggiesmorematters.org

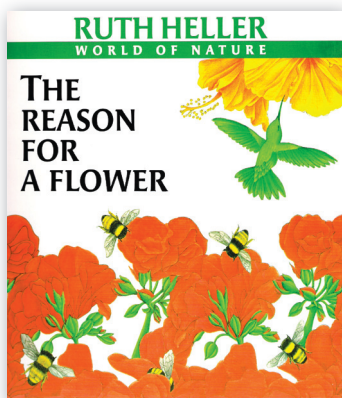


FIND OUT MORE: Visit the Oregon Department of Education Child Nutrition Programs web page at www.ode.state.or.us/services/nutrition. Find the link to Oregon Farm To School and School Garden Program under Associated Topics.

Just for Kids

Read with Your Child!

Look for these books at your school or public library:

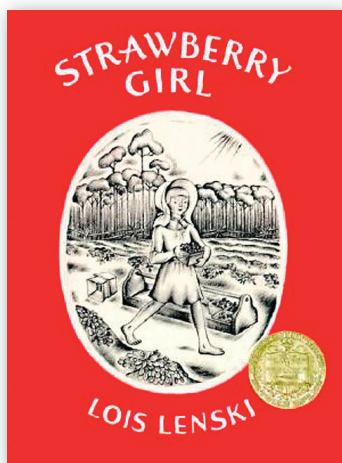


Young children will enjoy *The Reason for a Flower* by Ruth Heller. The reason

for a flower is to make seeds but the author shares a lot more in this beautiful book.

Also look for *Molly and the Strawberry Day* by Pam Conrad and *The Little Mouse, The Red Ripe Strawberry, and The Hungry Bear* written by Don and Audrey Wood.

Older children will enjoy reading *Strawberry Girl* by Lois Lenski. This winner of the Newbery Award is about a family that moves to Florida to grow strawberries.



Living & Eating Green

Celebrate the season. Fruits and vegetables ripen at their own particular time of the year, which is when they are in season. Local, in-season produce generally tastes better and is less expensive. Purchase frozen, canned or dried produce when a fruit or vegetable is not in season. Purchasing local, in-season fruits and vegetables decreases the environmental damage caused by shipping foods long distances. Plus you support local farmers.

Pick strawberries on a farm. In many parts of Oregon you can pick your own strawberries. Look for a farm in your area at www.pickyourown.org/OR.htm.

Play a Word Game

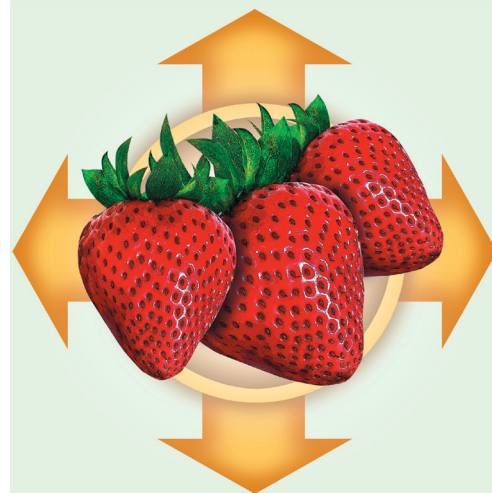
Sit down with your child and see how many words you can make from the letters in **S-T-R-A-W-B-E-R-R-I-E-S**.



- Make physical activity a part of your family's routine. There are countless ways to enjoy physical activity together as a family.
- Play tag, swim, toss a ball, jump rope, hula-hoop, dance to music or even play a dancing video game. It doesn't have to be sports – just get your family moving!

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Visit the Let's Move Active Families page at www.letsmove.gov for more ideas.

PRODUCE POINTERS



Strawberries

- Choose plump, ripe strawberries with a natural shine, rich red color, green caps, and a sweet smell.
- Do not wash strawberries until you are ready to eat them.
- Berries can be stored in the refrigerator for 1-3 days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- For the best flavor, allow strawberries to reach room temperature before serving.
- When using frozen Oregon strawberries, look for berries with no sugar added.

