

May Produce Guide

Warmer weather brings fresh seasonal produce like:

- Strawberries
- Asparagus
- Cauliflower
- Rosemary
- Lettuce
- Spinach
- Mushrooms
- Chives
- Rhubarb

The recipe below features strawberries. Here are health facts and tips for storing, selecting, and preparing this berry:

- Great source of vitamin C and other antioxidants.
- Strawberries have soluble fiber, which helps to lower “bad cholesterol” levels.
- The only fruit with seeds on the outside of their skin.
- Store in the refrigerator. They can also be frozen for long term storage.
- Strawberries are actually a member of the rose family!



Strawberry Yogurt Pops

Recipe adapted from choosemyplate.gov

Serves 4

- 1 cup low-fat strawberry yogurt
- 6 large strawberries
- 1 ice cube tray (or paper cups)

Instructions:

- 1) Cut strawberries into small pieces.
- 2) Mix fruit and yogurt.
- 3) Divide into 4 small paper cups (or 8 ice cubes) and place in popsicle sticks (or cut up straws).
- 4) Freeze.
- 5) Enjoy as a frozen treat!

