

FRUIT/VEGETABLE OF THE MONTH!

JUNE'S FEATURED FRUIT IS THE STRAWBERRY

STRAWBERRY FACTS:

The Strawberry is a member of the rose family, and it is the only fruit that has seeds on the outside. It is the first fruit that ripens in the spring season. Strawberries contain more vitamin C than oranges, and they support reducing inflammation in the body.

Romans loved strawberries and not just for their taste. They believed strawberries could cure melancholy, fever, bad breath, chronic fainting, and spleen and liver disorders. During medieval times, it was believed that serving strawberries at important ceremonies would bring peace and prosperity.

American Indians made corn bread with crushed strawberries and cornmeal. This is how the strawberry was introduced to Colonists, serving as an inspiration to make strawberry shortcake.

There is a museum dedicated to strawberries alone in Belgium.

HEALTH BENEFITS OF EATING STRAWBERRIES:

The vitamins, minerals, and antioxidants in strawberries can provide important health benefits such as:

- helping ward off cancer
- lowering blood pressure
- lowering the risk of stroke
- regulating blood sugar
- keeping you regular
- helping to reduce inflammation
- boosting your immunity*
- improving cognitive function and mental health*
- helping to regulate mood
- helping with weight loss
- promoting healthy eyesight
- promoting skin vitality

WAYS TO ENJOY STRAWBERRIES:

- On top of oatmeal
- With whipped cream for a dessert
- In salads and dressings
- In bread recipes
- In salsa recipes
- Served with pancakes
- Frozen
- In homemade milkshakes and smoothies
- Stirred into plain or vanilla yogurt
- Washed and ready to eat for a snack



RECIPE: STRAWBERRY SPINACH SALAD

Total time: 25 min Servings: 6

Ingredients

- 3/4 cup raw pecans
- 1/2 small red onion *thinly sliced*
- 10 ounces fresh baby spinach or a 50/50 arugula and spinach blend
- 1-quart strawberries *hulled and quartered*
- 3/4 cup crumbled feta cheese *buy the block-style feta*
- 1/4 to 1/3 cup Balsamic Poppyseed dressing

Directions

1. Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an un-greased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant and the center of pecan is tan when the pecan is broken in half. Transfer to a cutting board and roughly chop.
2. Place the sliced onions in a bowl and cover with cold water. Let sit while you prepare the rest of the salad
3. Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. You want the spinach leaves to be nicely moistened but not swimming in dressing. Add a little more if needed to suit your preferences. Add the feta and pecans. Toss lightly to combine. Serve immediately, with extra dressing on the side as desired.

