

Strawberry Smoothie

Ingredients

10 Strawberries, hulled
1/2 cup Milk
1/2 cup Plain Yogurt
1 Tbsp. Honey | 1/2 cup Ice

Directions

- Combine all ingredients in a blender. Blend until smooth and creamy.
- Pour into glasses and serve immediately.

Makes 2 servings



A strawberry has 200 seeds!

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Licuada de fresa

Ingredientes

10 fresas, sin cáscara |
1/2 taza de leche
1/2 taza de yogur natural
| 1 cucharada de Miel |
1/2 taza de cubitos de
hielo



Instrucciones

- Combine todos los ingredientes en una licuadora. Liquear hasta que esté suave y cremosa.
- Verter en copas y servir inmediatamente.



¡Una fresa tiene 200 semillas!

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STRAWBERRIES

FAST FACTS

- Eight strawberries will provide 140% of the recommended daily intake of Vitamin C for kids
- Strawberries are grown in every state in the United States and in every province of Canada
- On average, there are 200 seeds in a strawberry
- Strawberries are a member of the rose family



IMPORTANT NUTRIENTS

- **Fiber** - good for your gut and heart
- **Vitamin A** - good for your eyes, skin, and immune system
- **Vitamin C** - helps with wound healing
- **Folic acid** - involved in new cell creation
- **Potassium** - needed for muscle contraction

SELECTION & STORAGE

Look for bright red berries with fresh green caps. Visually check each package, to make sure there are no signs of mold.

Store unwashed berries loosely covered with plastic wrap in the coldest part of your refrigerator for two to three days. Do not wash berries until ready to use.

IDEAS FOR SERVING

- Enjoy fresh strawberries as a snack throughout the day
- Add strawberries to your smoothie, oatmeal or cereal at breakfast
- Incorporate strawberries into a salad at lunch or serve with yogurt for dessert



Strawberry Spinach Salad with Strawberry Vinaigrette

Ingredients

10 cups Baby Spinach
2 cups Strawberries, quartered
1/2 cup feta cheese, crumbled
1 small onion, sliced thinly
1/2 cup pecans (optional)

Strawberry Vinaigrette Dressing

2 cups Strawberries
2 Tbsp. Honey
2 Tbsp. Apple Cider Vinegar
2 Tbsp. Olive Oil
1/4 tsp Salt

Directions

- Blend all dressing ingredients in a blender or food processor.
- Refrigerate dressing until ready to serve. Add dressing to salad before serving.

Makes 6 servings.



Strawberries are part of the rose family!



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Ensalada de Espinacas y fresas con Vinagreta de fresas

Ingredientes

10 taza Espinacas Tiernas
2 cups Frescas, cortadas en cuarto
1/2 taza Queso Feta, Desmoronados
1 cebolla pequeña, en rodajas finas
1/2 taza pecanas (opcional)

Vinagreta de Fresas

2 taza de Strawberries
2 Tbsp. de Miel
2 Tbsp. de Vinagre de Sidra de Manzana
2 Tbsp. de Aceite de Oliva
1/4 tsp Sal

Instrucciones

- Liquear todos los ingredientes del aderezo en una licuadora o procesador de alimentos.
- Refrigere el aderezo hasta que esté listo para servir. Agregue el aderezo a la ensalada antes de servir.



¡Las fresas son parte de la familia de las rosas!



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Agua Fresca de Pepino

Ingredients

2 Cucumbers - peeled & chopped
6 cups Water | 1/3 cup Lime Juice
2/3 cup Sugar | 6 Fresh Mint Leaves

Directions

- In a blender, add cucumber and water. Blend until smooth.
- Strain the liquid into a pitcher and discard half of the pulp.
- Add lime juice, sugar, and mint leaves. Mix well.
- Serve chilled over ice.

Makes 6 cups.

Cucumbers are 96% water!



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Agua Fresca de Pepino

Ingredientes

2 Pepinos - pelados y picados | 6 tazas de Agua
1/3 taza de Jugo de Lima | 2/3 taza de Azúcar
6 Hojas de Menta o Yerba Buena Fresca

Instrucciones

- En una licuadora, agregue el pepino y el agua. Liquear hasta que esté suave.
- Cuele el líquido en una jarra y deseche la mitad de la pulpa.
- Agregue jugo de lima, azúcar y hojas de menta.
- Mezclar bien. Servir frío sobre hielo.



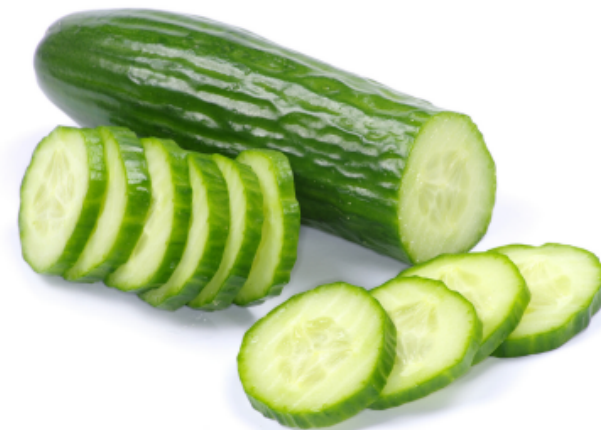
¡Los pepinos son 96% agua!

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CUCUMBERS

FAST FACTS

- Cucumber comes from the Cucurbitaceae family, or more commonly known as the gourd family
- The gourd family also includes melons, squashes, and pumpkins.
- Cucumbers are 96% water!
- The cucumber plant originates from South Asia - cultivation of the cucumber started 3000 years ago in India and it quickly spread to the rest of the world
- Fruit appears 8 to 10 weeks after planting



IMPORTANT NUTRIENTS

- **Fiber** - good for your gut and heart
- **Vitamin K** - helps your blood clot
- **Vitamin A** - good for your eyes, skin, and immune system
- **Vitamin C** - helps with wound healing
- **Chlorophyll** - a powerful phytonutrient
- **Potassium** - needed for muscle contraction

SELECTION & STORAGE

- Look for large, unbroken, dark-green skin with a waxy appearance.
- Store cucumbers, unwashed, in loose or perforated plastic bags in the vegetable crisper of the refrigerator. Store for up to 5-7 days.
- Enjoy raw: simply rinse of the vegetable in some water prior to eating.

IDEAS FOR SERVING

- Enjoy raw along with a yogurt dip or hummus!
- Create a salad with cucumber and any other veggies or dressing you like
- Top sandwiches and wraps with cucumber for some extra crunch



Homemade Pickles



Ingredients

2 Cucumbers - sliced into coins or spears | 4 sprigs Fresh Dill, roughly chopped
2 cloves Garlic, chopped | 1/2 cup Rice Vinegar | 2 Tbsp Sugar
1.5 Tbsp Salt | 1 tsp Black Pepper | 1 Bay Leaf
3/4 cup Hot Water

Directions

- Combine rice vinegar, sugar, salt, pepper, garlic and hot water in a bowl.
- Place cucumber into a wide-mouth jar and top with fresh dill and bay leaf.
- Pour all liquid over cucumbers so they are fully submerged. Cover and refrigerate at least 3 hours.
- Pickles will keep in refrigerator for up to 3 weeks.



Cucumbers are part of the gourd family!

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Encurtidos Caseros



Ingredientes

2 Pepinos- cortado en monedas o lanzas

4 ramitas de eneldo fresco, toscamente picado grueso

2 dientes de ajo picados | 1/2 taza de vinagre de arroz

2 cucharadas de azúcar | 1.5 cucharadas de sal

1 cucharadita de pimienta negra | 1 hoja de laurel | 3/4 taza de agua caliente

Instrucciones

- Combine el vinagre de arroz, el azúcar, la sal, la pimienta, el ajo y el agua caliente en un recipiente.
- Coloque el pepino en un frasco de boca ancha y cubra con eneldo fresco y laurel.
- Vierta todo el líquido sobre los pepinos para que queden completamente sumergidos. Cubra y refrigere por lo menos 3 horas.
- Los pepinillos se mantendrán en el refrigerador hasta por 3 semanas.



¡Los pepinos son parte de la familia de las calabazas!

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