

Cornell Cooperative Extension

Summer Quick Tips



Strawberries are in Season!

Look for locally grown strawberries this month. Sweet, juicy, and flavorful, local strawberries rise above typical supermarket strawberries. If you are interested in picking your own strawberries, which are often less expensive than buying already picked fruit, go to <https://upickfarmsusa.com/strawberry/ny/> to find a farm near you! Strawberries can easily be frozen for future use. Just wash the berries, remove the green tops, and place them in a freezer safe bag or container. Use them for smoothies later in the year. Making jam and jelly is also a popular way to preserve strawberries.

To store fresh strawberries in your refrigerator, do not wash them first. The added moisture from washing then storing can make them mold more quickly. Place the strawberries in a container and slide them into a zip top bag but leave the bag open. This will allow the strawberries to get good air flow and help to keep them fresh longer. When ready to eat, rinse, remove the green tops and enjoy!



FARMERS' MARKET TIPS

During June, many farmers' markets begin their season. To find a market in your area, go to agriculture.ny.gov/farmersmarkets and click on "find a market" to search your county's markets. Shopping later in the day and choosing less than perfect produce can help save some money. And don't forget to use your WIC FMNP checks, Fresh Connect checks, and Summer EBT benefits at accepting local farmers' markets.

Building Healthy Habits Recipe

Frozen Strawberry Sandwiches

Serving size: 1 sandwich

12 servings per recipe

Ingredients

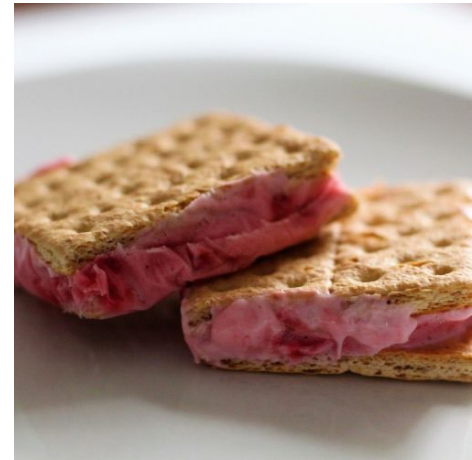
- 1 ½ cups whole strawberries, fresh or frozen
- ¾ cup low-fat vanilla yogurt (regular, Greek, or non-dairy)
- 12 graham crackers

Directions

1. Wash hands with soap and water.
2. Place fresh berries in a colander and rinse under cold, running water.
3. Mash strawberries using a fork or potato masher. If using frozen strawberries, partially thaw before mashing.
4. Combine strawberries and yogurt in a mixing bowl. Mix well.
5. Break each graham cracker in half.
6. Place a well-rounded tablespoon of the strawberry mixture on one cracker. Place another cracker on top to create a sandwich. Repeat to make 12 sandwiches.
7. Wrap each in plastic wrap, waxed paper, or a sandwich bag.
8. Put wrapped sandwiches on a flat surface in the freezer. Freeze for 2 to 4 hours.

Storage: Leftovers can also be frozen in freezer-grade containers or bags and used within 3-4 months for best quality.

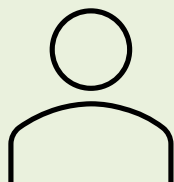
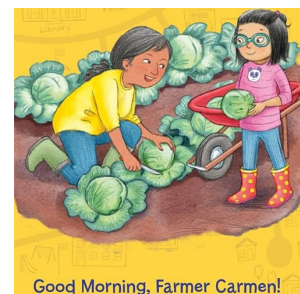
Source: University of Maine Extension



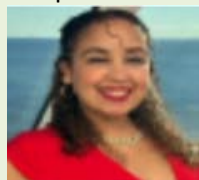
Nutrition Facts (per serving): 35 calories, .5 g Total Fat, 0g saturated fat, 25 mg sodium, 7g carbohydrates, 0g dietary fiber, 4g total sugars, 0g added sugar, 1g protein, 22mg calcium, 38mg potassium, 0mg iron

Kid's Book Club

Check out "Good Morning, Farmer Carmen!" by Fran Manushkin. Read the book together and learn what a day is like for a farmer headed to the farmers' market. Discover where your local markets are!



Meet Your Bi-Lingual Nutrition Educators located at Cornell Cooperative Extension of Westchester County!



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