






JUNE: BERRIES

Berries come in many colors and varieties including blueberries, strawberries, raspberries, blackberries, currants, and cranberries. Most berries can be eaten raw and are full of Vitamin C, potassium, and fiber. Strawberries have the most vitamin C of the berry family and are full of important vitamins; in fact, just ½ cup of sliced strawberries contain 80% of the recommended daily value of vitamin C!

CHECK OUT THE VARIETIES OF HEALTHY BERRIES DESCRIBED BELOW!

	<p>Strawberries - have the most vitamin C of the berry family. There are more than 70 varieties of strawberries, many of which are grown in California and Florida. This familiar fruit is usually available fresh year round, with peak availability from April to July.</p>
	<p>Blackberries - the more intense the color of the blackberry, the sweeter the fruit is. There are blackberry hybrids that include boysenberries, loganberries, and ollalieberries, which are all tart in taste. Blackberry peak season is June and July, but are harvested from May to September.</p>
	<p>Raspberries - have a similar structure to blackberries but have a hollow core. Therefore, this fruit requires delicate handling during preparation. Red raspberries are the most common type but sometimes may be golden, amber, or purple in color, but all are similar in taste and texture</p>
	<p>Cranberries - good, ripe cranberries will bounce, which is why they are nicknamed 'bounceberries.' They should be shiny and plump and range in color from bright light red to dark red. Shriveled berries or those with brown spots should be avoided. Cranberries do not ripen after harvest.</p>
	<p>Blueberries - have a protective light powdery coating on the skins and tend to last longer than other berry varieties. Blueberries are nutrient dense and are very rich in essential nutrients.</p>

Berries Tips

- Make fruit kabobs on straws; just push pineapple chunks, pieces of bananas, strawberries, and blueberries onto the straw for a quick, easy, colorfully healthy treat.
- Add your favorite berries to reduced-fat yogurt or whole grain cereal for extra flavor and a big boost in nutrition!
- When berries are in season (thus more affordable), try freezing berries for use later on – just rinse, dry, and toss them in a plastic bag and place into the freezer!
- For a fun, healthy, cool snack, try slightly-thawed blue berries!
- Place strawberries or blueberries on top of your favorite spinach and fresh green salad for some added color, natural sweetness, and extra vitamins and fiber!

Berries Recipes!

Strawberry Banana Frozen Dessert – pure fruit!!

Makes 4 servings

Ingredients

4 frozen bananas
1 pound strawberries

Directions

1. Remove banana peels, break bananas into pieces and freeze overnight in a baggie.
2. The next day, while preparing strawberries, let the bananas set out to warm slightly. Wash, remove the tops green and center hulls of the strawberries and then chop the fruit.
3. Place frozen bananas into a food processor or blender. Blend until bananas create a texture similar to ice cream. Put a few strawberries into mixture as well if you want.
4. Remove banana mixture from blender/food processor and put into a medium sized mixing bowl, then gently stir in the remaining chopped strawberries. Serve immediately!

Strawberry Volcano Smoothie

Makes 4 servings

Ingredients

1 cup strawberries (fresh or frozen, tops removed)
1 1/2 cup skim milk
1 cup plain, low-fat Greek yogurt (high protein!)
1 tsp. sugar
1/2 tsp. vanilla
4 Ice cubes

Directions

Put all ingredients in a blender. Blend at high speed for 15 seconds.