

JUNE IS STRAWBERRY MONTH!

Strawberries are the MVP of the Vitamin C game. Eight strawberries have the same amount of Vitamin C as one orange! In fact, 100 g of strawberries provides 98% of the daily recommended value of Vitamin C for most adults - and kids need even less than that! Vitamin C is important for kids as it assists their immune system in protecting their bodies from disease.

A cup of naturally sweet strawberries (about 8 - 12 medium berries) has only 50 calories, making them the perfect treat to satisfy your sweet tooth.

In addition to eating fresh strawberries, strawberries can be frozen and made into jam, as well as dried and used in prepared foods such as cereal bars. Strawberries and strawberry flavourings are a popular addition to dairy products such as strawberry milk, strawberry ice cream, strawberry milkshakes and strawberry yogurt.

The Okanagan Valley is home to fresh fruit in the spring, summer and fall months. We are lucky to have many U-Pick Farms where you can pick your own fruit and fresh local strawberries mark the start of the Okanagan fruit season. You can also find strawberries in season at many fruit stands and farmer's markets.



Did you know that strawberries are the only fruit that wear their seeds on the outside? And did you know that the average strawberry is adorned with 150 - 200 seeds?

Dip it!

Dip strawberries in ice cream, caramel sauce or whipped cream.

Blend it!

Blend together strawberries, milk and a bit of ice for a strawberry cream inspired smoothie.

Sip it!

Make yourself some Fancy Water by adding sliced strawberries and mint to a pitcher of water.

Top it!

Top your favourite cereal or oatmeal with freshly sliced strawberries.

STRAWBERRY SUMMER SALAD

Ingredients

- 5 cups mixed baby greens
- 1 cup strawberries, sliced
- $\frac{1}{4}$ cup sliced red onions
- $\frac{1}{2}$ cup toasted walnuts
- 80g crumbled goat cheese

Directions

Add the mixed baby greens to a large bowl and top with strawberries, onions, walnuts and half the goat cheese. Drizzle with olive oil & balsamic vinegar or use one of our favourite strawberry vinaigrettes from Taste of the Okanagan or Little Creek Dressing. (Both of these salad dressing companies are local here in the Okanagan!). Toss well to combine and top with the remaining goat cheese to serve.

Chef Tip: Soak your sliced onions in ice cold water for about 10 minutes to mellow them out a bit

EASY STRAWBERRY GALETTE

Ingredients

- 1 refrigerated pie crust (we use the Pillsbury one)
- 2 cups of strawberries, washed and quartered with the stems cut off
- 3 tbsp flour
- $\frac{1}{3}$ cup + 1 tbsp brown sugar
- 1 tbsp butter
- 1 tsp vanilla
- 2 tbsp milk

Directions

- Preheat oven to 400 degrees
- Place pie crust on top of parchment paper on top of a baking pan
- Spread 1 tbsp sugar and 1 tbsp flour on top of the pie crust (this prevents it from getting too soggy)
- Mix strawberries with remaining $\frac{1}{3}$ cup sugar and 2 tbsp flour with vanilla
- Pour strawberry mixture over the pie crust
- Dot with butter
- Crimp the crust around the strawberry filling
- Brush crust with milk
- Bake on centre oven rack for 35 - 40 mins. It's done when the center is bubbly and the crust is nice and brown..

