

MINUTE NUTRITION NEWS

June 2015

EATING LOCAL AND SEASONAL: STRAWBERRIES

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As we step into the summer months, more and more fresh and local produce will be available at grocery stores and local farmers' markets. This month, keep an eye out for local strawberries before their short-lived peak season ends after July.

NUTRITIONAL GOODNESS

Strawberries are a vitamin C powerhouse. Half a cup of this fruit provides about 70% of an adult's requirement for the entire day. It also contains small amounts of many other vitamins and minerals including fibre, vitamin E, B vitamins, folate, potassium, calcium, iron, phosphorus, magnesium, iodine and copper.

FREEZING & STORING

If you are a strawberry lover, you may want to freeze some extra strawberries for the fall and winter months. Home-frozen strawberries can keep for up to twelve months, long enough to last until the next strawberry season. You can add frozen strawberries directly into recipes (such as smoothies, sauces or baked goodies) or simply enjoy them as a frozen dessert.

To freeze, first wash fresh strawberries (photo 1) and lightly pat dry with paper towel. Remove the stems from the berries (photo 2) and spread them out on a cookie sheet (photo 3). Freeze until they become firm. This should take about one hour. Once frozen, pack into freezer bags and remove as much air as possible before sealing (photo 4).



STRAWBERRY PICKING

Strawberry picking is a great family activity. It is an opportunity for children to become introduced to new foods and learn about where our food comes from. If you have a picky eater at home, this type of activity may get your child to be more interested in trying new foods.

Here are some local farms in the area. Call and ask about their pick-your-own strawberry season!

Homestead Orchard – 3961 Old Homestead Road, Sutton. 905-722-5325. www.homesteadorchards.com

Jak's Garden – 8597 Old Shiloh Road, Pefferlaw. 705-437-1953.

Brooks Farms – 122 Ashworth Road, Mount Albert. 905-473-3246. www.brooks farms.com

Rose Family Farm – R.R. #3, Mount Albert. 905-473-3574. <http://www.rosefamilyfarm.ca>

RECIPE OF THE MONTH

June 2015

Strawberry Mango Salsa

Strawberries are a great snack on their own, but sometimes we may just want a little something...different. This recipe will give you just the extra kick you need.



Makes 2 servings (1 serving = 1 cup)

Ingredients:

3/4 cup	strawberries, diced
1	mango, diced
1/2	small jalapeno, seeded and finely diced
2 tbsp	red onion, diced
2 tbsp	cilantro leaves, chopped
1 tbsp	honey
1	lime, juice only

Directions:

1. In a large bowl, combine ingredients.
2. Serve with home baked whole wheat tortilla chips or whole grain crackers.

Nutrition information (per serving):

150 calories, Fat 1 g (2% DV), Carbohydrate 38 g (13% DV), Fibre 5 g (20%), Protein 2 g, Sodium 0 mg (0% DV), Sugars 30g, Calcium 43 mg (4% DV)