



June 2016

Harvest of the Month Strawberries

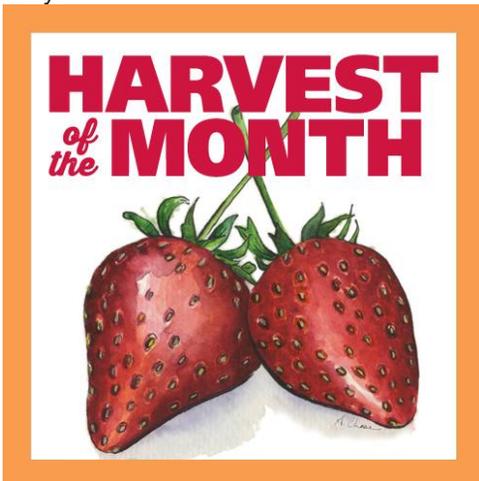
Strawberries are the first locally grown fruit of the year to ripen, a sign of the bounty yet to come! They are full of vitamin C, fiber, and antioxidants and low in calories.

Healthy Serving Ideas

- Eat them whole or sliced for a snack.
- Slice strawberries into salads.
- Enjoy them over cereal or yogurt for a healthy breakfast.
- Add them to smoothies to boost flavor and nutrition.
- After washing the berries and removing the green caps, use them to infuse water for a refreshing, healthy drink!

Fun Facts

- Strawberries are the only fruit to wear their seeds on the outside--200 on a typical berry!
- Strawberries are a member of the rose family.



Save For Later

Save the season by freezing them for later use. Gently wash and dry the berries, hull them, spread them on a sheet in the freezer overnight and then transfer them to an airtight container

Stay Hydrated

The sun is shining and people are out and about enjoying the warm weather! When the temperatures rise during these fun months, staying hydrated becomes very important. Whether you're playing sports, traveling



The amount of fluids you need depends on temperature, clothing, exercise intensity and duration, and certain medical conditions. One of the easiest ways to determine your hydration status is to pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids. Rehydrate after exercise by drinking enough fluid to replace fluid losses during exercise.

For most people, water is the best thing to drink to stay hydrated! Eating plenty of fruits and veggies even helps your hydration status, as these foods tend to have a high water content. Sports drinks can be useful for high intensity exercise for over an hour, especially in hot weather, however they are often high in added sugars and calories.



Excessive heat exposure can cause dehydration, which can lead to dangerous conditions such as heat exhaustion and even heat stroke. Some warning signs of heat exhaustion would be heavy sweating, weakness/fainting, cold, pale, and clammy skin, fast, weak pulse, nausea or vomiting. Signs of heat stroke, which is a medical emergency include high body temperature (above 103°F), hot, red, dry or moist skin, rapid and strong pulse and possible unconsciousness.



May's Food Focus is Summer Vegetables

Stir Fry Veggies! Serves 4

Ingredients:

1/2 cup onions, sliced
1-1/2 cup baby carrots
1/4 cup baby corn, canned
1/2 cup green bell peppers, strips
1/2 cup red bell peppers, strips
1-1/2 tbsp canola oil

Nutrition per 1/2 serving:

70 calories, 4.5 g fat, 50 mg sodium,
0 mg cholesterol, 8 g carbohydrate,
Contains less than 1 g protein, 2 g
fiber

Directions:

1. Blanch baby carrots by boiling or steaming them until al dente and then "shocking" them a bowl of ice water to stop the cooking process. Slice vegetables as uniform as possible to ensure consistent cooking times.
2. Stovetop: Add oil to skillet. Add vegetables and stir vigorously on high heat for 3-4 min.
3. Oven: Evenly distribute vegetables on a pan sprayed baking sheet. Cook at 350 degrees for about 8-10 minutes. Veggies should be tender but crisp.
4. Add these veggies to your favorite stir-fry recipe or just add a little soy sauce for the perfect side dish, Enjoy!



Have a Healthy Summer!

Eat Seasonally!

Many vegetables such as corn, tomatoes, peppers, squash, cucumbers, sugar snap peas, and green beans grow best in warm temperatures, so we usually enjoy them fresh during the summer. Vegetables that are in season are more affordable and have better flavor and nutritional value than vegetables that are not currently being grown locally. Eating fruits and vegetables in-season (and locally grown) also cuts down on greenhouse gas emissions since less energy has to be put into growing, storing, and transporting the food. Though we may see most of these vegetables in the store year-round, you'll notice their quality, cost, and availability will be better during the summer!

Summer Fun

Summer time is a great time of year to get physical activity outside. If you have a group of people, put on a friendly game of baseball, play a fun game of tag or have a relay race. Take advantage of those sunny days and go for walks, ride bikes, play on a nearby playground, go hiking or cool off with a swim. Don't forget your sunscreen!