

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

**STRAW-
BERRIES**



Presented by
Harford County
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Chicken Strawberry Salad

Ingredients

1 pound boneless skinless chicken breast, cut into strips
1 tablespoon vegetable oil
1 teaspoon butter
8 cups torn mixed salad greens, washed
1 pint strawberries, washed/sliced
1/4 cup chopped walnuts



In a large skillet, cook and stir chicken in oil and butter until no longer pink. Place the salad greens in a serving bowl. Top with the chicken, berries and walnuts. Serve with your favorite salad dressing.

Nutrition per 1 cup: Calories 350; Fat 9g; Carbs 40g; Protein 25

Strawberries and Pasta

Ingredients

1/2 pound uncooked shells or bowtie pasta
1/2 cup lemon yogurt
2 tablespoons lemon juice
1/4 cup vegetable oil
1 pound fresh strawberries, washed and quartered
1/4 cup nuts (walnuts, almonds)
Salt and pepper to taste



Cook pasta according to package directions. Drain pasta and rinse with cold water. In a large bowl, whisk yogurt, oil, lemon juice, salt and pepper until blended. Add pasta and toss. Refrigerate until serving. Stir in strawberries and sprinkle with nuts and other toppings.

Other topping options include shredded coconut, sweet peppers, jalapeño peppers, and sliced onions.

Nutrition per 2/3 cup: Calories 153; Fat 6g; Sodium 96mg; 21g; Carbs 21g; Protein 4g

Sugar-Free Strawberry Sauce

Serve over ice cream, French toast or waffles!

Ingredients

1 pound of strawberries, washed and sliced
1 teaspoon of lemon juice
3 tablespoons of water

Slice strawberries. Pour into medium sized saucepan. Add



water and lemon juice and cook the strawberries on low to medium heat for 20 minutes. Stir the sauce frequently so that it does not burn.

Nutrition per serving 1 tablespoon: Calories 14; Fat 2g; Fiber 1g; Carbs 3g; Protein 0g



Who said this?

"I have only to break into the tightness of a strawberry, and I see summer — its dust and lowering skies." - **Toni Morrison, American Author**



baked into cakes and breads or cooked into jams. The United States produces the most strawberries in the world, with California and Florida being the top producers.

"Do you remember the Shire, Mr. Frodo? It'll be spring soon. And the orchards will be in blossom. And the birds will be nesting in the hazel thicket. And they'll be sowing the summer barley in the fields...and eating the first of the strawberries with cream. Do you remember the taste of strawberries?" (Return of the King) - **J.R.R. Tolkien, British Author**



Health Benefits

Strawberries are a great source of vitamin C and rich in antioxidants which may have benefits for heart health. Strawberries may also decrease your risk of cancer and can help regulate blood sugar.

"One must ask children and birds how cherries and strawberries taste." - **Johann Wolfgang von Goethe, German Poet and Novelist**



Sometimes there is an adverse effect from this berry. Allergy is fairly common especially in young children. For the most part, strawberries are an excellent addition to a healthy diet. June is the best time of the year for picking your own strawberries at a local farm, but they are also available all year in supermarkets. This juicy red berry is so versatile in the kitchen. Enjoy strawberries with pancakes or kale or yogurt. For a special treat, create a strawberry smoothie.

Believe It or Not!

1. The average strawberry has 200 seeds!
2. Strawberries are one of the first commercial fruits to ripen in the spring.
3. Strawberries are grown in every single U.S. state and Canadian province.
4. The strawberry is made up of 91% water.
5. The strawberry fruit is a member of the rose family.
6. During medieval times, serving strawberries at ceremonies was believed to promote peace.
7. Strawberries are one of the few fruits to bear seeds on the outside.

Source: <https://www.healthline.com/nutrition/foods/strawberries>

What is... a strawberry?

A strawberry is actually a multiple fruit which consists of many tiny individual fruits embedded in a fleshy receptacle. The brownish or whitish specks, which are commonly considered seeds, are the true fruits, called achenes, and each of them surrounds a tiny seed. So the strawberry isn't even a berry. Botanists call the strawberry a false fruit. It also belongs to the rose family. Strawberries are heart-shaped and usually red, but some varieties also come in white and yellow. The berries are often eaten fresh, either out of hand, or part of a salad, and they are delicious



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