CALIFORNIA STRAWBERRIES™

Just Ripe for You!

Strawberry news fresh from our California farms



Dear Family,

Strawberries are juicy, sweet, and so yummy to eat. If something tastes that good it's probably not good for you, right? Wrong! Those bright red California-grown strawberries are a powerhouse of nutrition. Fresh or frozen, strawberries are always a healthy choice.

As you're packing your child's lunch or searching for something new to make for dinner, check out this newsletter and visit californiastrawberries.com. You'll find fun facts about strawberries and delicious, brain-boosting recipes with lots of kid appeal.

Have a sweet week!

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(teacher signature)

PS: Here's a fun fact: California strawberries don't continue to ripen after they're harvested. That's why farmers always try to pick them at the peak of ripeness. Yum!

Simple California Strawberry Smoothie

Breakfast, lunch, dinner, snack time—strawberries are delicious at any time of the day. This quick and easy recipe requires only four ingredients. For an added touch, top each serving with 2 tablespoons of granola.

Serves: 2 **Total time:** 10 minutes



Ingredients:
1-2 cups strawberries (fresh or frozen)
1 cup vanilla nonfat yogurt
½ cup orange juice (or milk)
1 medium banana

Instructions:
Combine the ingredients in a blender and blend on high until smooth.

Explore our recipe collection at
californiastrawberries.com/welcome/explore-our-recipes/

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Thumbs-up for strawberries

One serving of eight strawberries packs more vitamin C than an orange. In addition, strawberries are low in sugar and calories. They are a great source of potassium, folate, fiber, and antioxidants. This makes strawberries an excellent addition to your diet.

Food for the brain

As you know, with better nutrition children stay healthier and learn better. Plus, recent research suggests that strawberries are good for brain health! Give your child the brain power he or she needs by adding a serving of strawberries to your child's daily diet.

How much is a serving?

whole	eight medium berries
sliced, quartered	one cup
jam, jelly	one tablespoon
dried	one-half cup

Choosing and preparing

When buying fresh strawberries, choose berries that are bright red and have fresh-looking green caps. If you'll be eating them right away, wash the berries in cool water, gently blot them dry, and remove the green caps. Otherwise, store the berries in the refrigerator and wash them before eating.

Grown with care

California strawberries are treated with care from field to plate. The berries are hand-packed in the field right into the plastic clamshell containers that you see on grocery store shelves. Within 24 hours the fresh-picked berries are transported in refrigerated trucks. Learn more about California strawberry farmers and meet the farmers at californiastrawberries.com/welcome/our-farmers.



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