



# Local PICK OF THE MONTH

June 2023

## Super Strawberries

### Recipe

#### STRAWBERRY SALSA

##### Ingredients

- 1 1/2 cups fresh strawberries, chopped.
- 1/2 jalapeno pepper, finely chopped.
- 1/4 cup red onion, finely chopped.
- 2 tablespoons cilantro, chopped.
- 1 1/2 teaspoons lime juice.
- Optional: mango, tomato.

##### Directions

- Mix all of the ingredients together in a bowl.
- Let chill in the refrigerator for at least 30 minutes to allow the flavors to blend together.
- Eat with your favorite chips or use as a topping on tacos.

Yields 4, 1/2 cup servings.

##### Nutrition information per serving:

30 calories, 0 g fat, 2 g fiber, 6 g carbohydrates, 0 g protein

Recipe adapted from [foodhero.org](http://foodhero.org)

#### What's so great about strawberries?

- Packed with fiber, potassium, antioxidants and vitamin C — eight strawberries contain more vitamin C than an orange.
- Free of sodium, cholesterol and fat, and low in calories.
- This berry may lower your risk for certain cancers and heart disease.



#### What's the best way to eat strawberries?

- Fresh is best or buy frozen with no added sugar.
- Serve as a snack.
- Add to salads and smoothies.
- Mix with other fruits for a healthy dessert.

### Selection and preparation

Selection	Storage
Look for deep, red berries. Once picked they will not continue to ripen.	Strawberries will stay fresh in the refrigerator for up to two days.
Preparation	Cooking
Rinse with cold water, just before using. Do not soak. Remove hull.	There's no need to cook.