

Produce of the Month



Enjoy fresh & free Strawberries

Keep an eye out for
our mobile Produce
of the Month cart
around campus!

**Tuesday,
February 7
1-3 PM**

Bull Market

**Wednesday,
February 15
10 AM - 12 PM**

Campus Recreation

Champion's Choice, Fresh Food Co,
and Juniper Dining will be featuring
a healthy recipe with the Produce
of the Month!

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Center for Student Well-Being & Dining Services

SHOPPER TIPS

- Strawberries should be dry, firm, well-shaped, and eaten within a week after purchase.
- It's best to buy berries while they're 'in-season'; they'll cost less and are more ripe and flavorful than when they're 'out-of-season'
- Strawberries should be a bright shade of red and the caps on the berries should be green and fresh looking (If the strawberries are green or yellow they're unripe and most likely sour).

WHAT'S IN IT FOR YOU?

- Strawberries have the most vitamin C of the berry family.
- And are crammed with lots of potassium and fiber.

SERVING IDEAS

- Strawberries are suitable to eat raw and make a great, healthy snack!

PEAK SEASON

- Strawberries are perhaps the most popular berries of all. Strawberries have been known since the time of the Greeks and Romans; cultivation of strawberries began in the year of 1624.
- Domestically strawberries are grown mostly in the California and Florida regions; this very familiar fruit is usually available fresh year round with a peak in the months of December through April.

STORAGE

- Store strawberries in the refrigerator. Generally berries should be eaten within one week or stored in freezer to remain fresh.
- Wash only prior to consumption.



Strawberry Mango Salsa

INGREDIENTS:

- ¾ cup diced strawberries
- ¾ cup diced mango
- 1 jalapeno, seeded and minced
- 2 Tbsp diced red onion
- 2 Tbsp chopped fresh cilantro
- 2 tsp honey
- Juice of a lime

DIRECTIONS:

1. In a large bowl, combine all ingredients. Done!
2. Enjoy with a few whole grain crackers or chips.

Nutrition Facts: Strawberry Mango Salsa

Yield: 4 servings, **Calories:** 46, **Total Fat:** 0.2g, **Saturated Fat:** 0g,
Cholesterol: 0mg, **Sodium:** 2mg, **Potassium:** 125mg, **Carbohydrates:** 12g,
Dietary Fiber: 1.8g, **Sugar:** 8.8g, **Protein:** 0.6g

The Produce of the Month program is presented
by Center for Student Well-Being & Dining Services

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