

Harvest of the Month

June: Strawberries

- Strawberries come from a plant called "fragaria"
- When ripe, strawberries are bright red, juicy and very sweet
- Strawberries are picked with part of the stem still attached
- Unlike some other fruits, they don't continue to ripen after being picked
- Strawberries are delicious fresh, dried, as a jam, in a smoothie or with yogurt & granola

Strawberry Nutrition & Tips:

- Strawberries have Vitamin C, folate and fiber
- One cup of whole strawberries has 46 calories
- Refrigerate unwashed berries in a non-airtight container lined with paper towels and use within a few days
- To freeze, place clean, hulled berries in a single layer on a cookie sheet and freeze. Once frozen, place in a sealed plastic bag and use within 6 months



Strawberry Spinach Salad

Ingredients—Salad:

- 8 oz. Spinach or your favorite mixed greens.
- 1 cup Strawberries, sliced
- 1/2 c. Blueberries
- 1/2 c. Mandarin oranges
- 1/2 c. Almonds or pecans, sliced
- 3.5 oz. Crumbled feta, goat or gorgonzola cheese
- 2 Tbsp. Green onions, minced

Dressing:

In a small jar with a lid, combine 1/2 c. orange juice, 3 Tbsp. olive oil, 2 Tbsp. apple cider (or white) vinegar, 1/2 Tbsp. honey, 1/4 tsp. salt, 1/8 tsp. pepper. Shake well. Pour over salad. Makes 8 Servings: 150 Calories, 11g Fat, 10g Carbohydrate, 2g Fiber, 4g Protein.

Variations: Add grilled chicken or salmon for a complete meal.



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See the recipe LIVE on WEAU-TV 13
(NBC) Eau Claire, Thurs., June 20th at 4 p.m.
with Ruth Chippis, MS, RDN, CD of BRMH

More Strawberry Recipes
on the Back



Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

June Wellness Events

(Jackson County area—free unless noted)

Track your healthy living habits for two weeks:
JacksonInAction.org(June 10—23)

June 1- Old Fashioned Hustle 5K - Taylor, 8am
Taylor Community Park - [Registration Link](#)

June 8 - Black River Falls Bike Rodeo. This fun, family-friendly event helps education our youth about bicycle safety and it is FREE to attend!

June 8 – Robinson Creek Paddling Event. Contact Jeff Polzin at 715-896-5534 for more details. Robinson Creek Preservation . 9AM at Camp Salem Breakfast at Camp Salem, N2635 Bacon Road. Pancakes and Coffee will be provided. Paddle to follow around 11:00am. \$10 membership fee suggested. All skills abilities welcome - event will be beginner friendly. Boats can be provided.

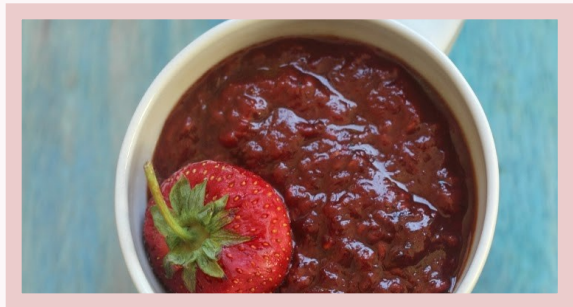
June 15 - [Move with a Doc](#) - Tentatively scheduled for this date. 9-10am. Farmers Market next to BRF High School. Check JacksonInAction.org for info. prior the event.

June 12 - 10:30-11:30am Diabetes Education & Support Group “Healthy Bones Healthy You” Speaker: Holly Rodenberg, Ho-Chunk Nation Nurse Educator & WI Women’s Health Foundation. B-Home Conference Room, 311 Hwy. A, Black River Falls

June 20 - Harvest of the Month on WEAU-TV 13 at 4 p.m. with Ruth (Strawberries)

June 22 - Alma Center Strawberry Festival Fun Run/5K - 7:30am registration, 8:00 am start at the intersection of Hwy F and Hwy 95 by the vet office. Race day registration only. Contact Jeanine at 715-964-5441

Wed. June 26, Harvest of the Month at BRMH 11:30am – 12:30pm.Strawberry Spinach Salad.



Strawberry Rhubarb Chutney

Chutney is a sauce comprised of fruits, vegetables and spices, originating from India

Ingredients:

- 4 Tbsp. butter
- 1/2 small onion, diced
- 1/2 tsp. cinnamon
- 1 tsp. allspice
- 1 tsp. ground ginger
- 2 pinches paprika
- 1 Tbsp. Dijon mustard
- 5 cups rhubarb, diced
- 2 cups strawberries, diced
- 1 Tbsp. apple cider vinegar
- 5 Tbsp. honey (to taste)

1. In a small saucepan heat butter over low-medium heat. Add in onion and sauté until tender.
2. To onion, add cinnamon, allspice, ginger, paprika and Dijon mustard. Stir and heat until fragrant (1-2 minutes).
3. Add rhubarb and strawberries and let simmer, mashing with a potato masher occasionally for 10-12 minutes.
4. Once chutney is soft and fruit is broken down add in cider vinegar and let reduce 1-2 minutes.
5. Remove from heat and stir in honey. Serve warm over grilled meats, on salads or on top of pancakes.



5210 Every Day

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