

Berries

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

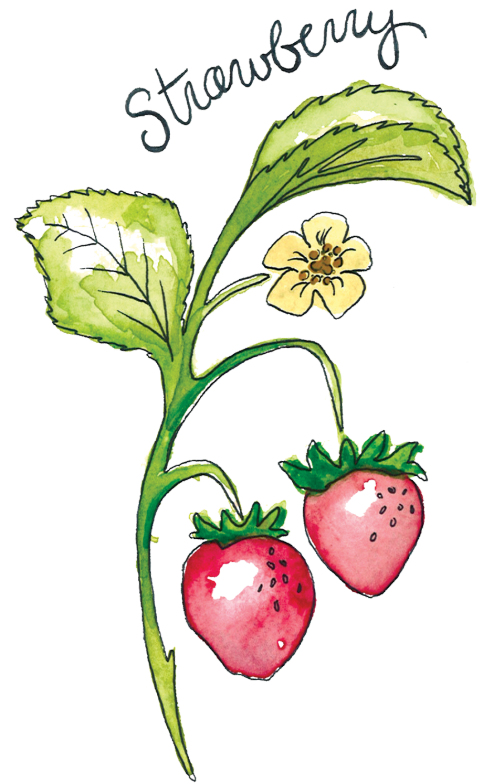
Storage Tips

- Store berries in the refrigerator, unwashed, until ready to consume.
- Remove rotten or moldy berries to prevent other berries from becoming damaged.
- Blueberries can last up to a week in the fridge, while strawberries and raspberries are more fragile and last 2-3 days.

To freeze:

- Freezing berries whole retains their highest nutritional value. Remove overripe or moldy berries, wash, then drain. Lay a single layer of berries on a baking sheet, and freeze overnight. Store the berries in labeled, freezer grade bags; you can pre-portion the berries for specific recipes.

Sources: The Visual Food Encyclopedia, <http://islandgrowschools.org/> and <http://www.worldcommunitycookbook.org/season/guide/>



Recipes

Strawberry Yogurt Popsicles

Strawberry Yogurt Popsicles

Ingredients

- 1 pint fresh strawberries, hulled and roughly chopped
- 1/4 cup sugar
- 1 teaspoon lemon juice
- 6 to 8 ounces (about 1 cup) Greek yogurt

Directions

1. Combine the strawberries and sugar in a small bowl. Let stand about 20 minutes to macerate the fruit, stirring occasionally. The fruit will soften and become syrupy.
2. Pour the strawberries and syrup into a food processor or blender. Add the lemon juice and pulse a few times until the fruit is pureed.
3. Stir the yogurt into the strawberry mixture until combined. Pour into molds and freeze for at least 8 hours or overnight. To remove, run hot water over the outside of the mold until you can gently pull the popsicle out.

Source: thekitchn.com

Blueberry Spinach Salad

Blueberry Spinach Salad

Yield: 4 servings

Salad Ingredients:

- 1 quart blueberries, cleaned, hulled and sliced
- 10 ounces fresh spinach, rinsed, dried and torn into bitesize pieces
- 1/4 cup almonds, chopped and toasted

Dressing Ingredients:

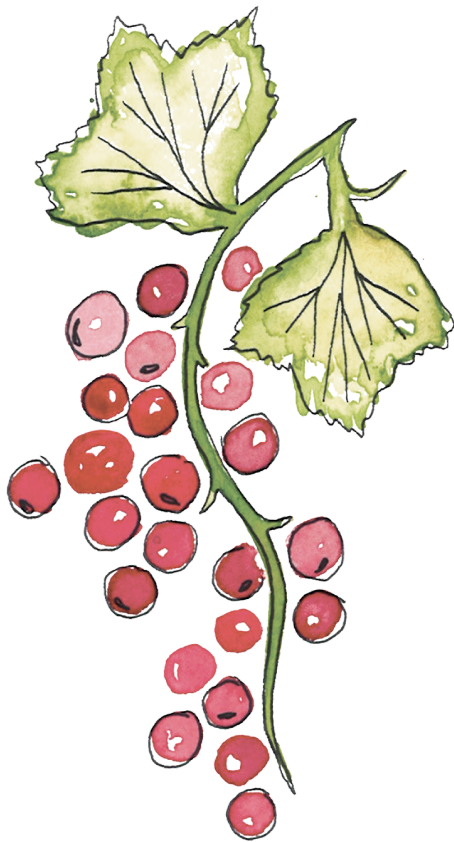
- 1/4 cup sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1 Tbsp. onion, minced
- 1/4 tsp. pepper
- Directions:

1. In a medium bowl, whisk together the sugar, olive oil, vinegar, onion, and pepper. Cover and chill for one hour.
2. In a large bowl, combine the blueberries, spinach, and almonds. Pour dressing over salad, and toss.
3. Refrigerate 10 to 15 minutes before serving.

Source: New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks, edited by GMFTS

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Tidbits

Berries are fleshy fruits that supply a burst of flavor and color to our plates during the summer months. They are rich in vitamins and minerals, making them an excellent snack choice. Eat berries on their own, incorporate them into your breakfast, blend them into a smoothie, or make a scrumptious jam—you can't go wrong!

Cooking Tips

Immediately before consuming, rinse berries quickly and gently in cold water. Do not soak or scrub.

Recipes

Berry Crisp

Berry Crisp

Yield: 9 in pie pan

Filling Ingredients:

- 3 cups blueberries
- 3 cups raspberries
- 1/8 cup sugar
- 1/4 cup all-purpose flour
- 1/4 tsp. cinnamon
- splash of lemon juice

Topping Ingredients:

- 1 cup rolled oats
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar
- 1/4 cup sugar pinch of salt
- 1/4 tsp. nutmeg
- 1 stick of cold, unsalted butter, cut into small pieces

Directions:

1. Preheat the oven to 350°F.
2. Butter a 9-inch pie plate.
3. Gently combine the berries with the sugar, flour, cinnamon and lemon juice and spoon into the prepared pie plate.
4. Topping: Combine the oats, flour, both sugars and salt in a bowl. Use 2 forks to work in the butter, until topping resembles coarse meal. Sprinkle over the berries.
5. Place the pie plate on a baking sheet. Bake in the center of the oven until the fruit is bubbling and the topping is golden brown, about 1 hour. Remove the crisp to a rack to cool slightly. Serve with ice cream or fresh whipped cream.

Source: Adam's Berry Farm in Charlotte, VT

Berry Compote

Berry Compote

Yield: 6 servings

Ingredients:

- 3 cups berries, fresh or frozen
- 3 tbsp orange juice
- 1/4 tsp ground cinnamon
- 1/4 tsp ground or fresh ginger
- 1 tsp sugar

Directions:

1. Place fruit and juice in a small saucepan and bring to medium heat.
2. Once bubbling, reduce heat slightly and use a wooden spoon to muddle and mash the fruit.
3. Continue cooking over medium-low heat for 10-12 minutes, occasionally mashing fruit to combine. Turn off heat and add cinnamon, ginger, and sugar
4. Remove from heat and transfer to a clean jar or container to cool thoroughly. Store in the fridge up to 1 week or freeze in ice cube molds up to 1 month. Reheat to serve with oats, pancakes, waffles, french toast, and more!

Source: minimalistbaker.com