

# Harvest of the Month™

## SPRING - BERRIES



### HEALTHY SERVING IDEAS



BERRIES ARE GREAT INGREDIENTS FOR A SALAD!

USE AS AN OATMEAL OR CEREAL TOPPING



MAKE A SMOOTHIE!

BERRIES ARE SMALL, PULPY, EDIBLE FRUITS. BERRIES ARE JUICY, BRIGHTLY COLORED, SWEET, SOUR OR TART, AND DO NOT HAVE A STONE OR PIT. BERRIES ARE OFTEN USED IN JAMS, PRESERVES, CAKES OR PIES! BERRIES ARE LOADED WITH ANTIOXIDANTS AND HIGH IN FIBER, WHICH PROMOTES IMMUNITY AND A HEALTHY HEART!

### FOOD WASTE PREVENTION

- AVOID STORING BERRIES IN THE COLDEST AREAS OF YOUR FRIDGE, INSTEAD STORE THEM FRONT AND CENTER WHERE THE TEMPERATURE IS LESS EXTREME
- GIVING BERRIES A QUICK BATH IN VINEGAR AND WATER SOLUTION BEFORE STORING CAN HELP KILL ANY MOLD THAT CAUSE THEM TO SPOIL.
- LINING YOUR BERRY CONTAINER WITH PAPER TOWELS CAN HELP THEM KEEP AS LONG AS 10 DAYS!



### FUN FACTS

THE TINY HAIRS ON BERRIES ARE CALLED "STYLES", WHICH ARE LEFT OVER FROM THE BERRY BLOSSOM. STYLES ARE SAFE FOR CONSUMPTION!

### COMMON BERRY VARIETIES



**BLUEBERRY**  
SWEET AND FLORAL TASTE, AND CAN SOMETIMES BE SOUR



**RASPBERRY**  
TART AND SWEET! SOFT AND TENDER FLESH WITH A SLIGHT CRUNCH



**BLACKBERRY**  
TART AND SWEET, WITH A LOT OF JUICE! THE RIPER THEY ARE, THE SWEETER THEY GET!



**CRANBERRY**  
TART AND BITTER WITH A BRIGHT AND ACIDIC PUNCH!



**BOYSENBERRY**  
A HYBRID BETWEEN BLACKBERRY AND RASPBERRY. SWEET AND JUICY!

### FUN FACTS

THE NUMBER OF DRUPELETS THAT MAKE UP THE BERRY IS DIRECTLY CONNECTED TO THE NUMBER OF TIMES A BEE HAS LANDED ON THE BERRY FLOWER TO POLLINATE IT!



## MAKE YOUR OWN BERRY INK!

### MATERIALS

- 1/2 CUP OF RIPE EDIBLE BERRIES
- 1/2 TEASPOON VINEGAR
- 1/2 TEASPOON OF SALT
- MEASURING CUPS AND SPOONS
- LARGE MIXING BOWL
- STRAINER
- WOODEN SPOON
- BABY FOOD JAR OR PREP BOWL WITH COVER

### INSTRUCTIONS

1. PLACE BERRIES IN THE STRAINER, SET THE STRAINER ON TOP OF THE MIXING BOWL
2. USING THE WOODEN SPOON CRUSH THE BERRIES SO THE JUICE FLOWS INTO THE BOWL
3. ADD SALT AND VINEGAR TO YOUR BERRY JUICE
4. ADD WATER IF IT'S TOO THICK, ADD MORE BERRY JUICE IF'S TOO THIN
5. POUR INTO YOUR CONTAINER. KEEP COVERED WHEN NOT IN USE.
6. USE THIS FOR STAMPING, OR WRITING WITH QUILL PENS!

[https://www.nrpa.org/uploadedfiles/nrpaorg/grants\\_and\\_partners/recreation\\_and\\_health/commit\\_to\\_health/foods\\_of\\_the\\_month/june/june-experiential-activities-grades-k-2.pdf](https://www.nrpa.org/uploadedfiles/nrpaorg/grants_and_partners/recreation_and_health/commit_to_health/foods_of_the_month/june/june-experiential-activities-grades-k-2.pdf)



## BERRY FUN KEFIR SMOOTHIE

### INGREDIENTS

- 1 1/2 CUPS OF BERRIES OF YOUR CHOICE
- 1 CUP PLAIN KEFIR, OR LIQUID OF CHOICE (ALMOND MILK, WATER, ETC.)
- 1/2 BANANA
- 2 TEASPOONS OF ALMOND BUTTER
- 1/2 TEASPOON VANILLA EXTRACT

### INSTRUCTIONS

1. COMBINE BERRIES, KEFIR, BANANA, ALMOND BUTTER AND VANILLA IN A BLENDER
2. BLEND UNTIL SMOOTH
3. ENJOY!

<https://www.eatingwell.com/recipe/257793/berry-kefir-smoothie/>