

Garden Detective News



Help Healthy Habits Take Root

Ask your child to help you find ways to serve berries at meals and as snacks.

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Smart Nutrition-Active People



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Garden Detective News

This week, the garden detectives learned about strawberries, raspberries, and blackberries. They prepared and tasted some delicious healthy recipes using these nutritious berries.

Did you know that berries contain important vitamins, minerals, and fiber that your family needs to grow and be healthy?

In the green box at the right are a few tips to add these berries to your family's diet. The delicious recipes the garden detectives prepared and tasted this week are on the next page. Ask your child about these recipes.

Mystery Solved!

How To Add More Strawberries, Raspberries, and Blackberries to Your Plate:

- Add berries to your cereal, low-fat yogurt, or waffles and pancakes for breakfast.
- Make a parfait for breakfast or dessert with berries, granola, and low-fat yogurt.
- Blend berries, yogurt, bananas, and ice to make a tasty smoothie.
- Toss some berries into your salad for lunch.
- Try the Fruit Salad With a Splash of Lime recipe in this newsletter.



Garden Detective Recipes

Strawberry Smoothie

Preparation Time

5 minutes

Ingredients

2 (8-oz) containers of fat-free or low-fat vanilla yogurt

20 oz frozen unsweetened strawberries, partially thawed

1 ¼ cups 100 percent orange juice

Preparation

1. Wash hands and clean your work area.
2. Combine the ingredients in a blender.*
3. Blend for 15 to 30 seconds or until smooth.

Yield

Five 1-cup servings

The starred* preparation step can be completed by children. All other preparation steps should be completed by adults.

Refrigerate cut fruits, vegetables, and cooked foods promptly. Do not leave at room temperature for longer than 2 hours (or 1 hour in temperatures above 90° F).

Fruit Salad With a Splash of Lime

Preparation Time

15 minutes

Ingredients

2 apples (1 apple is equal to 1 cup), diced

1 pint raspberries

1 pint blackberries

2 cups seedless grapes, halved

½ lime

Preparation

1. Wash hands and clean your work area.
2. Rinse fruit under running water.
3. Combine the apples, raspberries, blackberries, and grapes into a bowl.*
4. Squeeze lime over the fruit.*
5. Stir and serve.*

Yield

Six 1-cup servings

The starred* preparation steps can be completed by children. All other preparation steps should be completed by adults.

Family Activity 10

Strawberry Scramble

Complete the Strawberry Scramble with your child. Have your child explain what each word in the scramble means.

Directions

Rearrange the letters in each word to form a word that has something to do with strawberries. Write each word on the line next to the scrambled word. You can use the word list at the bottom for help.

1. C nimativ _____
2. esmthooi _____
3. nnialserep _____
4. fzorne _____
5. tsmo pularpo _____
6. deess _____
7. tiurf _____
8. srevpere _____

Seeds
Vitamin C
Preserve
Most Popular
Perennial
Fruit
Frozen
Smoothie

1. Vitamin C; 2. Smoothie; 3. Perennial; 4. Frozen; 5. Most Popular; 6. Seeds; 7. Fruit; 8. Preserve