



BERRIES!

This month, we are learning all about berries. Oregon farmers grow many kinds of berries. Strawberries, blueberries, blackberries, raspberries, marionberries, and other berries grow in Oregon. Fresh berries are delicious in the summer. In the winter, enjoy frozen berries straight from the freezer or thawed. Mix berries into oatmeal, cereal, or yogurt. Blend frozen berries, yogurt, milk, and a little honey for a delicious drink.

CLASS RECIPE - TRY IT AT HOME!

★ PRODUCE TIPS

- Choose berries that are not mushy or moldy.
- Eat berries within a week. Frozen berries will last for 6 months to a year in the freezer.
- Winter: Buy berries frozen, dried or in jam.
- Summer: Buy fresh berries at your local farmers market or supermarket. Or, pick your own! Visit www.tricountyfarm.org to find a u-pick berry farm near you.



KIDS CAN COOK: BERRIES

Kids can help prepare berries by:

- Making berry yogurt treat
- Adding berries
- Rinsing fresh berries with cold water

BERRY YOGURT TREAT (an easy breakfast or snack)

SERVES 4-6

1 bag of frozen mixed berries, thawed in the refrigerator
1 quart of low-fat yogurt (plain, vanilla, or honey)
Granola (optional)
Honey (optional)

TO MAKE IN A GLASS:

Use a $\frac{1}{2}$ cup of yogurt for young children. Use about a $\frac{1}{4}$ cup of berries per serving. Place a few spoonfuls of yogurt in the bottom of a small glass. Top with a few spoonfuls of berries. If using plain yogurt, add a small amount of honey (optional). Add a few more spoonfuls of yogurt. Continue layering yogurt and berries until you the glass is almost full. Top with a little granola, if desired.

TO MAKE IN A BOWL:

Follow the directions above in a small bowl instead of a small glass. Use $\frac{1}{2}$ cup of yogurt for young children. Use about $\frac{1}{4}$ cup of berries.