



Thought Foodness



Featuring
Strawberries



WEST VIRGINIA HARVEST™



Did You Know?

Strawberries

Where I grow best:

Strawberries grow best in deep, sandy soil full of rich organic matter. They need well-drained soil and love sunny spots with a gentle slope. Be sure to plant them where the ground doesn't stay wet in the spring.

My Nutritional Superpowers include:

Strawberries are super rich in vitamin C! Just one cup gives you more than 100% of what you need in a day. Vitamin C helps keep your immune system strong and can even help shorten colds.

I taste great in meals like:

Strawberry Cake, Strawberry & Granola Yogurt Parfait, and Strawberry Oatmeal Bars.

You can find **Strawberries** in the fresh and frozen section of grocery stores in **West Virginia** year-round!



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Recipe Spotlight

Strawberry & Granola Parfait

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Spoon half of the yogurt into a cup or bowl.
2. Add a layer of fresh strawberry slices.
3. Sprinkle with granola.
4. Repeat the layers and enjoy your tasty, healthy parfait!

- 1 cup vanilla yogurt (your favorite kind)
- 1 cup fresh strawberries, sliced
- 3 tablespoons granola

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.



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healthier
you!



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