



**Thought
Foodness**

**Featuring
Pineberries**



WEST VIRGINIA HARVEST TM



Did You Know?

Pineberries

Where I grow best:

Pineberries grow best in warm, sunny places with soft, well-drained soil. They need six to eight hours of sunlight each day and like temperatures between 60 and 80 degrees. Pineberries grow well in gardens, raised beds, and pots. Since they spread out as they grow, they need space to make lots of fruit. With the right care, pineberries grow sweet and juicy, ready to eat in spring and early summer!

My Nutritional Superpowers include:

Pineberries have amazing nutritional superpowers that help keep the body strong and healthy. They are full of vitamin C, which helps fight germs and keeps the immune system strong. They have fiber, which helps with digestion and keeps the stomach happy. Pineberries also have antioxidants, which protect the body and keep the skin healthy. Eating pineberries is a sweet and fun way to stay healthy and full of energy!

I taste great in meals like:

Pineberry Jam, Pineberry Muffins, and Pineberry Rainbow Salad!

You can find Pineberries at Grocery Stores like Aldi in West Virginia!



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Recipe Spotlight

Pineberry Rainbow Salad

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. Mix all the fruit in a bowl.
2. Drizzle with honey if you like it sweeter.
3. Stir and enjoy a fresh, colorful salad!

What you will need:

- 1/2 cup pineberries, chopped
- 1/2 cup strawberries
- 1/2 cup blueberries
- 1 teaspoon honey (optional)
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*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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