



Strawberry/Raspberry

Lakota: wažúšteča

Pick it!

Handle gently since they easily bruise.

Avoid moldy or wrinkled berries.

Look for dry, firm, well shaped, and deep red or golden raspberries.

Strawberries should be shiny and bright red.



Try it!

Eat fresh within a week or freeze on a lined pan and place into containers after frozen.

Wash, drain, and dry just before eating.

Eat fresh in fruit salad or pie or in fruit smoothies.

Add to a salad or pie or in fruit smoothies.

Add to a salad dressing or in a salad.

Mash into a sauce to use on pancakes or French toast.



Types of Strawberries/Raspberries

Raspberries: same berry family as blueberries, blackberries, boysenberries. Gold, red, purple or black; summer- or fall-bearing.

Strawberries: Strawberries are not a "true" berry. June- or ever-bearing-producing fruit all summer.



Did you know...

Fiber is provided by seeds, skin and pulp of fruits. Fiber prevents constipation, helps maintain weight and lowers risk of diabetes and heart disease.

Like it!

Strawberry Banana Frozen Dessert

Ingredients

- 4 frozen bananas
- $\frac{3}{4}$ -1 pound strawberries

Directions

Remove banana peels, break bananas into chunks and freeze overnight. While preparing strawberries, let bananas sit out to warm slightly. Wash, hull, and slice or chop. Place frozen bananas into a food processor or blender. Blend until bananas create a texture similar to ice cream. If desired, some strawberries may be blended in as well. Remove bananas from the food processor and fold in strawberries. Serve immediately. Leftovers may be frozen, but will become solid so re-blend for best texture.

Yields 4 servings.

Nutrition Facts per Serving:
Calories 140; Fat 0g; Sodium 0mg; Carbohydrates 35g;
Fiber 5g; Sugars 21g

Sources: <http://extension.illinois.edu/strawberries/history.cfm>

Berries with Banana Cream

Ingredients

- $\frac{1}{3}$ cup low-fat, plain yogurt
- $\frac{1}{2}$ banana (ripe)
- $\frac{1}{2}$ ounce fruit juice (orange works well)
- 2 cups sliced strawberries
- 1 tsp honey
- Dash cinnamon

Directions

Combine yogurt, banana, and juice and mash with a fork until most chunks are gone. Wash and slice berries. Top the berries with the yogurt banana mixture. Top with honey and cinnamon. Yields 2 servings.

Nutrition Facts per Serving:
Calories 60; Fat 1g; Cholesterol 1mg; Sodium 15mg;
Carbs 13g; Fiber 2g; Sugars 1g; Protein 2g

Sources: <https://whatscooking.fns.usda.gov/>

Lakota word translate by Jeshua Estes

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