



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Strawberry

Lakota: wažúšteča



Pick it!

Pick dry, firm,
well-shaped,
deep red
raspberries and
shiny bright red
strawberries.

Try it!

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

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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S-0001-36

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Strawberry/Raspberry

Lakota: wažúšteča

Pick it!

Handle gently since they easily bruise.

Avoid moldy or wrinkled berries.

Raspberries should be dry, firm, well shaped and deep red or golden.

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, salad dressing, pie or in fruit smoothies.

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



About 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

1. Remove banana peels, break bananas into chunks and freeze overnight.
2. While preparing strawberries, let frozen banana chunks sit out to warm slightly. Wash, hull and slice or chop strawberries.
3. Place frozen bananas into a food processor or blender and blend until bananas create a creamy texture.
4. Remove banana puree 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: extension.illinois.edu/strawberries/history.cfm

Berries with Banana Cream

Ingredients

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

Directions

1. Combine yogurt, banana and juice in a bowl and mash with a fork until mostly smooth.
2. Wash and slice berries.
3. Scoop banana cream into a dish and top with berries. Finish with a drizzle of honey and a sprinkle of cinnamon.

Yields 2 servings

Nutrition Facts per Serving:
Total Calories 60; Total Fat 1, Saturated Fat 0g;
Cholesterol 1mg; Sodium 15 mg; Carbohydrates 13g,
Dietary Fiber 2g, Total Sugars 9g, Added Sugars included
1g; Protein 2g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream

Lakota word translated by Jeshua Estes

**Find more recipes
and videos at
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Strawberry/Raspberry

Lakota: wažúšteča

- Handle gently since they easily bruise.
- Avoid moldy or wrinkled berries.
- Raspberries should be dry, firm, well shaped and deep red or golden.
- Strawberries should be shiny and bright red.
- 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 salads, fruit smoothies or with salad greens.
- Mash into a sauce to use on pancakes or add to salad dressing.

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Strawberry Banana Frozen Dessert

Ingredients

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

Directions

1. Remove banana peels, break bananas into chunks and freeze overnight.
2. While preparing strawberries, let frozen banana chunks sit out to warm slightly. Wash, hull and slice or chop strawberries.
3. Place frozen bananas into a food processor or blender and blend until bananas create a creamy texture.
4. Remove banana puree 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: extension.illinois.edu/strawberries/history.cfm

Berries with Banana Cream

Ingredients

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

Directions

1. Combine yogurt, banana and juice in a bowl and mash with a fork until mostly smooth.
2. Wash and slice berries.
3. Scoop banana cream into a dish and top with berries. Finish with a drizzle of honey and a sprinkle of cinnamon.

Yields 4 servings

Nutrition Facts per Serving:

Total Calories 60; Total Fat 1, Saturated Fat 0g; Cholesterol 1mg; Sodium 15 mg; Carbohydrates 13g, Dietary Fiber 2g, Total Sugars 9g, Added Sugars included 1g; Protein 2g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream



**SOUTH DAKOTA STATE
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In season:



Summer

Strawberry/Raspberry

Lakota: wažúšteča

Sampling Display Instructions

Strawberry Banana Frozen Dessert

Ingredients	32 samples	48 samples
Samples: 2 Tablespoons serving		
Bananas-frozen	4 frozen bananas	6 frozen bananas
Strawberries	1 pound strawberries	1 ½ pound strawberries

Directions:

1. Remove banana peels, break bananas into chunks and freeze overnight.
2. While preparing strawberries, let bananas sit out to warm slightly. Wash, hull and slice or chop strawberries.
3. Place frozen bananas in a food processor or blender. Blend until bananas create a texture similar to ice cream. Fold in the strawberries.
4. Remove bananas from the food processor and fold in strawberries. Transfer to an airtight container and place in a cooler with ice. Transport quickly to the grocery store.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtu.be/R9laemovdg4?si=H-PkjiQ_Ixot5xf6D



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place a few samples out at a time in small cups. Provide spoons. Ask parent's permission before children sample.
- Ask if they use strawberries often in their meals or snacks. Ask if they could use this recipe. Remind that leftovers can be frozen, but should be blended before serving again. Any fruit and ripe bananas can be used.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Berries with Banana Cream

Ingredients	24 samples	32 samples	48 samples
Samples: 2 slices of strawberries with a teaspoon of banana cream per serving			
Plain yogurt, low-fat	½ cup	⅔ cup	¾ cup
Banana (ripe)	1	1	2
Fruit juice (orange works well)	1 ½ Tablespoons	2 Tablespoons	3 Tablespoons
Strawberries, sliced	3 cups (~1 ½ containers)	4 cups (~2 containers)	5 cups (~2 ½ containers)
Honey (Optional)			
Cinnamon (Optional)			

Directions:

1. Combine yogurt, banana and juice in a bowl and mash with a fork until mostly smooth.
2. Wash and slice berries.
3. Transfer banana cream mixture and strawberries to separate airtight containers for transport. Transport in cooler with ice or ice pack.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- To serve samples, place 2 slices of strawberries in a small cup and top with a teaspoon of banana cream mixture. Provide utensils. (Ask tasters if they want honey or cinnamon added and add a small amount, if desired.) Ask parent's permission before children sample.
- Ask if they use strawberries often in their meals or snacks. Ask if they could use this recipe. Any fruit and ripe bananas can be used.
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