Strawberries

Recipe by Shauna Schultz
Serves 6 Prep time: 5 minutes

Basil simple syrup (for 4 batches):
½ cup sugar
½ cup water
4 large sprigs basil

2 cups strawberries
2 cups unsweetened coconut water

Prepare basil simple syrup: Bring water and sugar to a low boil and stir until sugar dissolves. Turn off heat and add basil sprigs. Allow to cool, about 10 minutes. Discard basil sprigs and transfer to a jar. Save extra to use later.

Combine ¼ cup basil simple syrup with strawberries and coconut water in a blender and process until smooth. Pour into popsicle molds and freeze.

Healthy Serving Tips:
- Use fresh strawberries in place of jam on sandwiches or toast
- Slice over oatmeal, cereal or yogurt
- Add sliced berries to salads
- Add to smoothies

7500 students in Nevada County will sample strawberries this month through Sierra Harvest’s Farm to School Program!

JSM Organics is a certified organic farm located in the beautiful hills of Royal Oaks/Aromas, California, in Monterey County. The JSM team is dedicated to producing the highest quality produce and providing affordable and accessible organic food.

Javier Zamora, the founder of JSM Organics, grew up farming in Mexico, went to college at age 41, and then started his own farm here in California.

You can find his strawberries, avocados and jicama in season at the Briar Patch Coop.

If your student is eligible for free/reduced school meals, you likely qualify for CalFresh, which can help you afford healthy and nutritious food: C4Yourself.com
Si su estudiante es elegible para recibir comidas en la escuela gratuitas o reducidas, es probable que califique para CalFresh, un programa de asistencia para comprar alimentos saludables y nutritivos:

www.getcalfresh.org/?new_locale=es