



Fruit Pizza
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May 2019



Produce Spotlight: Strawberries

Peak Season: April - June

Ripeness: berries should be bright red: they won't continue to ripen off the stem so what you see is what you get!

How to clean: wash strawberries right before eating by rinsing them under cool water

Store: keep your strawberries cool and dry so they won't mold: if they're damp, place them on a paper towel covered with plastic wrap



SNAPshot: classes

SNAP-Ed Program Assistant Carrie led an exciting Cooking Matters class in Pickaway county last month! Participants learned how to chop and saute vegetables to incorporate into a healthy and colorful pasta dish. Visit fcs.osu.edu and look for SNAP-Ed in the program tab to learn about classes in your area!



Kitchen Tip

Don't let fresh produce from your garden or Farmer's Market go to waste: can or freeze it! These are both great options for food preservation so you can enjoy healthy food all year round! Visit Ohioline.osu.edu and type "food preservation" in the search bar to learn how to safely preserve food.