



STRAWBERRY



Strawberries are a member of the rose family. Strawberries are the only fruit with the seeds on the outside. They are red and taste sweet.

California produces most of our strawberries. They are grown in every state, even Oklahoma. The strawberry is Oklahoma's state fruit.

Strawberries are also good for you! One cup of strawberries is only 55 calories. Strawberries also have Vitamin C and K.



Frozen Strawberry Bars

- 2 cups strawberries
- 1 Tbsp. sugar
- 1 tsp. lemon juice

Puree fruit in blender, adding a tablespoon or two of water if necessary. Add sugar and lemon juice and blend. Pour into popsicle molds OR small cups and insert sticks. Freeze until solid. Just before eating, remove cups by running warm water over them.



Scan the QR code to learn about strawberry seeds and a new recipe.



A strawberry is not an actual berry, but a banana is!



Strawberry Ice Cream in a Bag

- 1 cup heavy cream
- 1 cup 2% milk
- ½ tsp vanilla
- ¼ cup frozen sliced strawberries
- ¼ cup sugar
- Ice
- ¾ cup rock salt
- 1 gallon size ziplock bag
- 1 quart size ziplock bag
- Duct Tape
- Scissors
- Kitchen towel or oven mitts



1. Pour milk, whipping cream, sugar, vanilla, and strawberries in the quart size bag. Close the bag and make sure it is completely sealed. Tape the seal with duct tape.
2. Place the quart size bag with the ice cream ingredients inside the gallon ziplock bag.
3. Pack ice around small bag.
4. Add rock salt to ice.
5. Seal the gallon size bag with duct tape.
6. Shake the bag while protecting your hands with the towel or oven mitt
7. Continue shaking for 5-10 minutes until the ice cream has reached the right consistency.
8. Open the outer bag with scissors and discard the ice and salt.
9. Rinse the bag of ice cream before cutting the seal so no salt gets into the ice cream. Cut off the duct tape and eat out of the bag or transfer to a bowl to enjoy!

Recipe Check



1. What happens when you mix rock salt and ice together?

2. If you are making this recipe for yourself and a friend, how much rock salt will you need total? _____
3. How many quarts are in a gallon? _____
4. If you are making half of the recipe, how many cups of frozen strawberries will you use? _____