



Strawberry Green Tea

13 cups water

13 green tea bags, regular size

1 pound fresh strawberries

1 cup honey

1 lemon, optional

1. Wash strawberries and remove the tops.

2. Chop the berries with a hand chopper in a large pot.

3. Add water to the chopped berries and bring to a boil, stirring occasionally.

4. Remove from heat and let mixture cool for 5 minutes.

5. Add tea bags and submerge. Steep tea for 2 to 3 minutes.

6. Strain the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

7. Add honey and stir until dissolved.

8. Chill and serve.

9. Garnish with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber and folic acid.

SELECTION: Choose fully ripened, bright red berries. Berries should be plump and have a natural shine and bright green, fresh-looking caps.

STORAGE: Store in the refrigerator, covered, unwashed, and with the cap on. Do not crowd. Use berries within two to three days.

HANDLING: Handle gently. Never remove the caps before washing.

Source: www.fruitsandveggiesmatter.gov

To Wash: Cover berries in cold water and gently lift out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife.

Serve whole, sliced, fresh or cooked.

STRAWBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students

March 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture,
Food and Environment