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.

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.

Source: www.fruitsandveggiesmatter.gov