



A monthly publication for members of the Olympia Food Co-op and its surrounding communities

June 2019

Local Strawberries

The Co-op's primary strawberry grower during local season is Helsing Junction Farm, located in Rochester, Washington. Strawberries lend themselves well to both sweet and savory dishes, and are excellent topped with whipped cream or yogurt, or paired with spinach and almonds in a salad. Strawberries are generally ready in Olympia in late May to mid-June, and their season will often continue until July. Local strawberries are grown for their excellent flavor and texture and are not meant to be shipped or stored for long periods of time, so eat them while they're fresh. The Co-op receives deliveries of these fresh berries at least every other day, so you can expect the ones on our shelves to be freshly picked! ■



Why Buy Organic?

According to the Environmental Working Group's 2019 report "Shopper's Guide to Pesticides in Produce," strawberries are at the top of the list for the 12 foods on which pesticide residues have been most frequently found. This year their report says: "USDA tests found that strawberries were the fresh produce item most likely to be contaminated with pesticide residues, even after they are picked, rinsed in the field and washed before eating. For these reasons, in 2019, strawberries are once again at the top of the Dirty Dozen list". If you don't buy all

organic produce, make sure that your strawberries are. The co-op's strawberries are always certified organic, whether they are grown locally or coming from Oregon, California, or Mexico. ■

Strawberry Nutrition

Very high in vitamin C, full of antioxidants, high in folate and manganese, and with a lower glycemic index than many other fruits. Strawberries have largely been studied for their anti-inflammatory effects in the body, their positive benefit to the cardiovascular system, and their help in regulating blood sugar.

-Nutrition info from whfoods.org ■

How To Freeze Strawberries

-Gently wash and then pat strawberries dry.

-Take the tops off.

-If you have room in your freezer, lay the strawberries in a single layer on a cookie sheet.

-Put them in the freezer for 24 hours then fill and seal freezer bags with strawberries, making sure to take as much of the air out of the bag as you can.

-You can also skip putting them on a cookie sheet and just put them in plastic bags and freeze them that way.

-Frozen strawberries will keep for a year; they are delicious in smoothies, pies and as ice cream topping.

-If you don't freeze them on a cookie sheet, they will stick together in the bag.

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To break them apart, run them briefly under hot

water so that they will come loose. ■

from: from helsingjunctionfarms.com

Springtime Strawberry Lime Mango Crisp (Vegan + GF)

from ohsheglows.com

Vegan, gluten-free, refined sugar-free, soy-free

FOR THE FILLING:

- 2 pounds fresh strawberries, hulled and chopped (about 5.5 cups)
- 2 cups chopped fresh mango (about 3 mangoes)
- 1 tablespoon arrowroot powder
- 3 tablespoons coconut sugar (or granulated sugar of choice)
- 1.5 tablespoons lime zest
- 1 tablespoon fresh lime juice

FOR THE TOPPING:

- 1 cup rolled oats, use certified gluten-free if necessary
- 1 cup thinly sliced almonds
- 1/3 cup almond meal or almond flour
- 1/4 cup unsweetened shredded coconut
- 1 teaspoon cinnamon
- 1/4 teaspoon fine grain sea salt
- 1/4 cup pure maple syrup
- 1/4 cup virgin coconut oil, melted

Directions:

1. Preheat oven to 375F. Lightly grease an 8-cup (2 liter) casserole dish.
2. For the filling: Place the chopped strawberries and mango in a medium bowl and sprinkle the arrowroot powder on top. Toss until the fruit is coated.
3. Stir in the sugar and zest. Drizzle on the lime juice and lightly toss to combine. Pour the fruit mixture into the prepared dish and spread out evenly.
4. For the topping: In a medium bowl, stir together the oats, almonds, almond meal/flour, shredded coconut, cinnamon, salt. Pour on the maple syrup and melted coconut oil and stir until combined.
5. Sprinkle the topping all over the fruit mixture in an even layer. ■



Spring Salad with Strawberry Lemon Basil Dressing

from ohsheglows.com

Vegan, gluten-free, soy-free

FOR THE DRESSING

- 1 cup fresh strawberries
- 1/4 cup packed fresh basil
- 3 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1-2 tsp pure maple syrup, to taste
- Fine grain sea salt & black pepper, to taste (I used 1/4 tsp each)

FOR THE SALAD

- Slivered almonds, toasted
- Shredded unsweetened coconut, toasted
- Mixed greens
- Strawberries, chopped
- Chiffonade fresh basil

Directions:

1. Preheat the oven to 300F. Toast the almonds for about 7-8 minutes and then remove and add the coconut. Toast another 2-4 minutes, or until lightly golden, watching closely so the coconut doesn't burn.
2. In a food processor, add the strawberries, basil, lemon juice, and oil. Process until smooth. Add in the salt, pepper, and maple syrup to taste and process again.
3. Assemble the salad as desired. Leftover dressing should keep for at least a few days in a sealed container. ■

-Erin, OFC Produce Manager