



A program of Society of St. Andrew

\$4

will share **45 pounds** of strawberries which is the same as **240 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **\$3.09 per pound** for a total of **\$139.05**.

THANKS to you for helping provide a solution to hunger. We appreciate you being a part of Society of St. Andrew's Adopt a Bushel-Feed a Nation Project.

STRAWBERRY



Society of St. Andrew
GLEANNING AMERICA'S FIELDS
FEEDING AMERICA'S HUNGRY

Learn more and sign up at
EndHunger.org/ABFN

HEALTHY TIP: POMES, BERRIES, AND GRAPES

WHAT ARE POMES, BERRIES, AND GRAPES?

- Pomes (apples, pears, hybrids): These fruits may be stored on the counter or in the fridge and are great raw, braised, roasted, baked, or microwaved. Try them in chicken salad, baked goods, sauces, or roasts.
- Pomes (quince): This fruit should be firm and solid yellow in color. The peel may be kept if using for a jam. Quince needs to be cooked until softened. Try using in jams, jellies, stews, pies, or roasts.
- Berries (strawberries, raspberries, blackberries): Berries are best raw or may be an addition to salads, salsas, sauces, smoothies, baked goods, desserts, or jams.
- Grapes: Grapes should be firm and solid in color. They are a great snack!

*Eating a **VARIETY** of fruit is important to get all of the **VITAMINS & ANTIOXIDANTS** kids need to flourish!*

SELECTING:

- Pomes: The best ones are without dents, mushy spots, or bruises.
- Berries: Look for berries that are juicy, full of color, and free of mold.
- Grapes: Both green and red varieties should be smooth, without brown spots, and attached to the stem.

STORING:

- These fruits are kept best in the refrigerator or may be frozen after cleaning.

PREPARING:

- Wash all berries, grapes, and pomes before eating or cutting.

COOKING:

- All of these fruits may be eaten raw, except quince.

