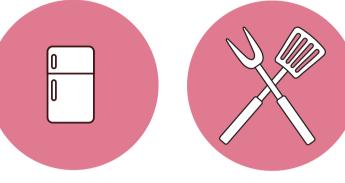
May's Harvest of the Month RASPBERRIES

Vitamin C - Fiber - Manganese

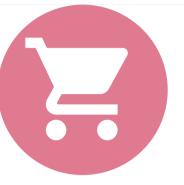


Store

Use

Do not wash raspberries In season in June through until ready to eat. **Refrigerate for use** within 1-2 days.

early November. Use with cantaloupe or peaches in a smoothie or add to plain or vanilla yogurt. Add raspberries to a spinach or mixed green salad.



Pick

Choose dry, plump, firm raspberries. Avoid wet or moldy berries.



Prepare

Rinse raspberries thoroughly by placing under running water in hand or a colander.

Raspberry Oatmeal Bars

Makes 12 servings

Ingredients

Crust and topping:

- $\frac{1}{2}$ cup flour
- ¹/₄ cup brown sugar
- 1 cup quick oats
- 3 Tablespoons butter or margarine
- 2 Tablespoons applesauce
- 1 Tablespoon orange juice Filling:
- 1 Tablespoon flour
- 1 Tablespoon brown sugar
- 1¹/₂ teaspoons orange juice
- 2 cups raspberries (fresh or frozen)

Directions

- 1. Preheat oven to 375 degrees. Spray or lightly oil an 8"x 8" baking pan.
- 2. Crust and topping: Mix flour and sugar in a bowl. Cut butter into mixture until crumbly. Mix in oats. Set half aside for topping.
- 3. To remaining mixture, stir in applesauce and orange juice. Press in bottom of baking pan.
- 4. Filling: Combine flour, sugar, juice and raspberries. Mix well.
- 5. Spread filling on crust. Sprinkle with topping.
- 6. Bake 40-45 minutes. Cool. Cut into 12 bars.



May's Harvest of the Month SPRING MIX

Vitamins A, C, E - Calcium - Potassium



Everyday Salad

Ingredients

Salad

- 5 ounces spring greens mix (or whatever greens you have on hand)
- 1 cucumber, very thinly sliced
- Half of a medium red onion, peeled and very thinly sliced
- ½ cup pepitas or toasted pine nuts (or whatever nuts or seeds you have on hand)

Dressing

- 3 tablespoons olive oil
- 1 tablespoon freshly-squeezed lemon juice (or red wine vinegar)
- 1 teaspoon Dijon mustard
- 1 small clove garlic, pressed or finely-minced (or ½ teaspoon garlic powder)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper

Directions

1. To make the dressing: Whisk all ingredients together in a bowl until combined. Use immediately or refrigerate in a sealed container for up to 3 days.

2. To make the salad: Combine all ingredients in a large salad bowl and toss until evenly combined. Serve immediately and enjoy!



some of the water.

Source:https://www.gimmesomeoven.com/everyday-salad-recipe/