

May's Harvest of the Month

RASPBERRIES

Vitamin C – Fiber – Manganese



Store

Do not wash raspberries until ready to eat. Refrigerate for use within 1-2 days.



Use

In season in June through 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:

- ½ cup flour
- ¼ 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
- 1 ½ 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



Store

Store in the refrigerator. Use within a few days for optimal freshness.



Use

In season in spring and summer, but is available year-round. Use as a salad or bed for fresh or grilled fruits and vegetables.



Pick

Choose fresh greens in containers or bags that are not too close to expiration.



Prepare

Wash the greens before consuming. Use a salad spinner after washing or dab it with a paper towel to absorb some of the water.

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)
- ½ teaspoon fine sea salt
- ¼ 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!