

# HARVEST OF THE MONTH NEWSLETTER JUNE 2025

## Farm Highlight



**Jolivette Farms:** W3452 State Road 16  
West Salem, WI 54669

Jolivette Farms is a 500 acre farm, raising strawberries on 13 of them! June is the perfect time to visit this local farm to pick your own strawberries and pick up other fruits and vegetables that are grown on their remaining 487 acres during the rest of the growing season. This 54 year-old farm has been sustainably supporting the 7-Rivers communities ever since its purchase by John Jolivette in 1970! Visit their Facebook page or website for more information on hours and produce availability.



### FUN FACTS:

- Strawberries are the only fruit with the seeds on the outside. There are on average 200 seeds per strawberry!
- Strawberry plants are perennials, meaning they will come back every year after being planted!
- Strawberries are a member of the rose family!

### Nutrition Info:

One cup of whole strawberries has 46 calories and provides vitamin C, fiber and folate

**PICK:** Choose brightly colored berries with green caps attached. Avoid berries with soft spots or mold.

**STORE:** Refrigerate unwashed berries in a non-airtight container and use within a couple of days. To freeze, place clean, hulled berries in a single layer on a cookie sheet and freeze, then place in a sealed plastic bag and use within 1 year.

### PREPARE:

Rinse under cold water and remove green tops just before consuming!

### USE:

Make fruit kebobs with strawberries, watermelon, grapes, cantaloupe, blueberries and pineapple! Strawberries are a great addition to breakfast on pancakes, waffles cereal or parfaits. Dip fresh berries in melted dark chocolate for a treat!

## Recipe of the month

### Strawberry Banana Parfait Serves 1



- 1/2 medium ripe banana, mashed
- 1/8 teaspoon vanilla
- 1/3 cup plain non-fat yogurt
- 1/2 cup sliced fresh strawberries
- 1/2 cup bran and wheat flakes ready-to-eat cereal

### Directions:

1. Wash hands with soap and water.
2. Stir banana and vanilla into yogurt and combine well.
3. In a 10 to 12 ounce glass, alternately layer the yogurt-banana mixture, strawberries, and cereal.
4. Serve immediately and enjoy.

Source: laxf2s.org

Per serving: 190 calories, 1g fat, 10 g protein, 44g carbohydrate, 7 g fiber, 235 mg sodium