

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming Classes

May—

Basic Bread Making

Thurs. May 16 @6-8pm

Fee: \$25

Nothing beats the taste and smell of fresh home-made bread. Come learn the timeless skill of bread making at our hands-on class. We'll show you how to make, roll and shape dough to create a variety of delicious recipes.

June—

Electric Pressure Cooking

Thurs. June 20 @6-8pm

Fee: \$25

Pressure cooking is a hot trend that everyone is talking about. We will feature dishes your whole family is sure to love in record time. All participants will receive a recipe booklet and try some delicious samples.

Summer Pies

Tues. June 18 @6-8pm

Fee: \$25

Registration for this class is currently full. Call Devyn at the extension office (913) 715-7014 to be added to a waiting list if interested.

July—

Vegan and Vegetarian Cooking

Thurs. July 18 @6-8pm

Fee: \$25

This cooking class will supply you with recipes, samples and nutritional information so you can confidently cook easy, delicious, vegetarian and vegan dishes at home.

Classes are held at
K-State Johnson County Extension Office:
11811 South Sunset Drive,
Olathe, KS 66061

To register,
Call: 913-715-7000
Or visit: www.johnson.k-state.edu

May is National Strawberry Month

Spring is here! Strawberries are a deliciously sweet fruit that is often eaten during this time of year. Did you know that strawberries are actually the first fruit to ripen in the spring?



Here are some interesting facts about strawberries:

- Strawberries are a member of the rose family and are not actually a “berry”, but a “false fruit” because the tiny seeds are carried on the outside of the fleshy part of the fruit and true berries carry the seeds within the flesh.
- California is the leading producer of strawberries in the nation; it produces an amazing one billion pounds of strawberries each year.
- The American Diabetes Association has identified strawberries as one of the top 10 superfoods for a diabetic meal plan because they have so many vitamins, antioxidants and dietary fiber. Antioxidants, fiber, and phytochemicals have been shown to reduce total cholesterol levels.

How to select and store strawberries:

- Select strawberries that have a bright glossy appearance and maximum red color development.
- Avoid strawberries with signs of spoilage, shriveling, mushiness or dull appearance.
- The best storage temperature for strawberries in the home is about 32°F to 36°F.
- Store strawberries in the crisper drawer of the refrigerator.
- Keep strawberries packaged in closed plastic clamshell containers or place fruit in a partially opened plastic bag to maintain high humidity.
- Do not wash berries until just before eating or preserving. Washing will add moisture and will cause the berries to spoil more rapidly.
- Strawberries can only be stored for up to 7 days under the best conditions. Shelf life also depends on how ripe the fruit was when purchased or picked.

Source: The University of Tennessee Lincoln County Extension



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Recipe of the Month

Fresh Strawberry Tarts

12 wonton skins
2 tablespoons strawberry jelly or fruit spread
1-1/2 cup diced fresh strawberries
1 cup non-fat yogurt, any flavor
Cooking spray

1. Preheat oven to 375°F and spray muffin tins with cooking spray.
2. Press wonton skins into muffin tins, allowing the corners to stand up over the edges.
3. Bake wontons until lightly brown, approximately 4 to 6 minutes. Watch carefully, as wonton skins bake very quickly.
4. Remove from oven; carefully take each wonton out of muffin tin and allow time for cooling.
5. Warm jelly or fruit spread and lightly coat bottom of each wonton.
6. Fill each wonton with fruit fresh strawberries and a rounded dollop of yogurt on top.
7. Garnish with a small slice of strawberry or a dab of jelly and serve immediately.

Makes 12 servings

Source: Adapted from Diabetes Education Program
WVUES 1999-2000



Nutrition Facts

12 servings per container	
Serving size	1 tart
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0mg	0%
Potassium 67mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.