Soy Foods Month

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Harvest of the Month: Strawberry

Fun Facts

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Buying Tips

- Choose shiny, firm strawberries with a bright red color and fresh green caps.
- Store strawberries in the refrigerator for 1-3 days and wash just before use.

Strawberry Lemon Mint Infused Water

Ingredients:
- 3 cups water
- 2 lemons, sliced
- 5-7 strawberries, sliced
- 10 mint leaves
- 4 cups ice (optional)

Instructions:
1. Wash fruit and mint leaves.
2. Place strawberries, lemons and mint in a pitcher.
3. Pour water over ingredients.
4. Chill or serve with ice.

*For stronger flavor, muddle all of the ingredients together.

*Makes 4 servings. For more information click here!