

July

July is a month where strawberries are plentiful in New Brunswick. Many other vegetables, especially greens and peas are also ready to eat.

Traditionally, spring and summer were times of food gathering. Today, many foods can be prepared and preserved for use throughout the colder months. Consider freezing or preserving foods like vegetables, such as peas and beans and fruit, like berries when possible.



Go fishing; it is an excellent activity!
This is also a great time of year to enjoy shellfish and other fish like mackerel and trout.



SUGAR FREE STRAWBERRY JAM (Makes about 3 cups)

Ingredients:

- 2-cups sliced fresh strawberries
- 1-cup cold water
- 1-0.3-ounce package sugar free strawberry flavored gelatin.

In a large saucepan, crush the berries and combine with the water and gelatin. Place over medium heat and bring the mixture to a boil, stirring constantly. Reduce the heat to low and simmer for 2 minutes. Pour into sterilized 1 –cup freezer containers or jars. Allow to cool and cover.
Store in refrigerator for 1 week or freeze for up to 3 months.

STEAMED SHELLFISH



Always wash any shellfish well. Discard any shells that do not close when touched.

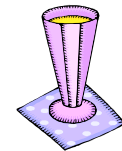
A large covered pot is needed.
Put small amount of water into bottom of pot.
For added flavour, add sliced onion, small amount 1/4 –1/2 tsp of garlic powder and sliced lemon or lemon juice to liquid. Bring to a boil.
Add clams or mussels ,cover pot Cook until **all** shells have opened.
Enjoy!



RASPBERRY OR BLACKBERRY FRUIT SMOOTHIE

Ingredients:

- 2 cups Berries (fresh or frozen)
- 2 cups low fat vanilla yogurt
- 1 tablespoon of milk or *soy milk*



Combine all ingredients in a blender. Pour into glass.
This is a low calorie, highly nutritious breakfast. This is an excellent ice cream substitute. It also makes a great snack.

ALTHOUGH THIS IS NOT A TRADITIONAL RECIPE, THIS IS A GREAT WAY TO EAT FRUIT AND GET THE CALCIUM THAT IS NEEDED TO BE HEALTHY. OTHER FRUITS LIKE BANANAS, MELON, KIWIS, STRAWBERRIES AND BLUEBERRIES CAN BE USED.



Berries are a good source of fibre, vitamins and minerals and antioxidants.