

FOOD BYTES

**MAY
2022**

Hi there!

Food Date Labels

Use By, Sell by, Best by... these are all common food date labels seen on food. Did you know that food date labels refer to food quality and not food safety? These date labels are estimates from manufacturers in terms of peak quality of food, and food may be safe to eat after that date if it does not show signs of spoilage. The recommended version of these labels is “Best If Used By” because it indicates that this date is just an indicator of quality, not food safety.



May is National Strawberry Month & National Salad Month

Do not remove the stem or wash strawberries before storing them. Moisture on fresh berries can cause mold. Salad greens, however, should be stored in a container lined with damp paper towels to prevent the leaves from drying out

KID'S TIP

Pick your own strawberries season typically starts in late May. You can support a local berry farm while teaching your child the value of farm to table!



Recipe Strawberry Spinach Salad Serves 6-8

Ingredients for Salad:

- 1 1/2 cups of strawberries, sliced or quartered
- 1/2 cup halved pecans
- 1/3 cup sliced red onion
- 1/4 cup crumbled feta cheese
- 10 oz. of spinach

Ingredients for Dressing:

- 1 garlic cloves, minced
- 1/2 tablespoon Dijon mustard
- 1 tablespoon honey
- 1/4 cup of white balsamic vinegar (or could use balsamic)
- 1/4 cup of olive oil
- 2 tablespoons fresh basil
- salt & pepper to taste

Instructions:

1. To a small bowl add garlic, Dijon mustard, honey, white balsamic vinegar, olive oil, fresh basil, salt and pepper. Whisk vigorously until the oil and vinegar emulsify – no longer separate. Set aside.
2. To a large bowl add spinach, strawberries, raw pecans, red onion and feta cheese.
3. Serve with dressing on the side