Summer is here! Or almost here!

This month we can’t help but feature Strawberries. Not just because they are healthy and delicious, but because there is such an amazing Strawberry Salsa recipe on Food Hero. Find the Food Hero Monthly on Strawberries in English here, and the Spanish version here.

In Old English, strawberries were called earth-berries, which is what they are still called in German. A member of the rose family, strawberries are a native plant to North America, and a first food for many Native people. You may see several species of wild Fragaria while out hiking this summer!

**FCH Program Clackamas County Updates:**
SNAP-To-It at the Oregon City Farmers Market
This month in June, mushroom farmers discussed how to grow, purchase, and best store mushrooms, as well as the health benefits and some recipe tips. Every second Saturday, Kelly Streit leads the “Know Your Farmer, Know Your Food” tour of the market starting at 9:30 am with Elena Illescas providing Spanish translation. Participants get to taste a Mushroom Stroganoff recipe prepared by a chef with ingredients from the market and use their double up bucks.

Walk With Ease in the News

The Milwaukie Center’s Walk with Ease Class, led by Abby Kennedy with Food Hero demos by Elena, was recently featured in this fabulous article. Check out the video of the class here and go to the Walk With Ease OSU website to learn how to start your own group!
Summer Resources:
North Clackamas Parks & Rec Summer Discovery Guide

Emergency Cooling Centers

Summer Meals for Kids

Thanks as always for your partnership,
The Clackamas FCH Team: Kelly Streit, Stephanie Stuart, Elena Illescas, Buffy Rhoades, Katlyn Axmaker, and Erin Devlin

[Logo: Oregon State University Extension Service]