

StrawBerry-Orange Ice Pops



Making your own colorful, refreshing ice pops is so satisfying and easy—plus, you get to know exactly what's in them when you enjoy them later. And what's in them is real fruit and fruit juice. The pulp floats to the top so that when you unmold them there's a clear layer and a cloudy layer. Beautiful!



"Sweet, juicy strawberries are delicious, convenient, and full of essential nutrients. This month's recipe is a perfect way to kick off summer."

Deval Patrick
Governor of Massachusetts

ADULT: YES | HANDS-ON TIME: 5 MINUTES | TOTAL TIME: 4 HOURS | MAKES: 8 POPS



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Measuring cup

Blender or food processor
(adult needed)

Ice-pop molds or paper cups and wooden ice-pop sticks

Small baking sheet

INGREDIENTS

1 cup very ripe strawberries, hulled
1 cup orange juice

"Hulled" means with the green top and stem taken out

INSTRUCTIONS

1. Put all the ingredients in the blender or food processor, put the top on tightly, and blend until liquid-y—it can be chunky or smooth, whichever you prefer.
2. Divide the mixture evenly among the ice-pop molds or paper cups. If you're using paper cups, put them on a small baking sheet, cover them with plastic wrap, and then poke a wooden ice-pop stick down through the wrap into the middle of each cup. Freeze until solid, about 4 hours.

Safety Tip

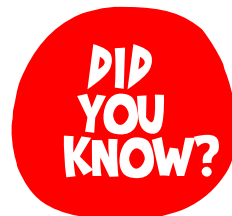
Get an adult's permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.





Glenn and Karen Cook, center, with Cider Hill Farm staff members.

Cider Hill Farm is owned and operated by Glen and Karen Cook. In 1978, they bought the farm adjacent to Glen's parents' farm in Amesbury to fulfill their dream of turning it into an apple orchard. Today, three generations tend to the daily chores on their 145-acre farm. The Cooks' innovative approaches and progressive practices make them true pioneers in the agricultural community. To learn more, go to www.ciderhill.com



A strawberry is not actually a berry, according to botanists. It's what's called an "aggregate accessory fruit." (Say that ten times fast!) The seeds are not true seeds, but miniature fruits with seeds inside of them.



Although a cultivated strawberry can grow **as large as an apple**, a wild one can be as small as your pinky fingernail.

Strawberries get their **red color** from plant pigments called anthocyanins. These are a type of antioxidant, and they're great for helping to keep you healthy.

Strawberries are in the **rose family**, which is why their white flowers look like miniature wild roses.



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