

Recipe Courtesy of INDIANA FARM BUREAU



Facts

- Did you know strawberries are the only fruit that has seeds on the outside? The strawberry blossom starts out a white color and the strawberry is a green color before it is ready to eat.
- Strawberries are commonly grown on “u-pick” farms, meaning the visitors pick their own. The strawberry plant grows from a dense “crown” at the base of soil and can grow runners, which are able to produce an identical new plant.
- In Indiana, strawberry season is short, typically running from late May into early June. Indiana grown strawberries are fairly delicate and should be eaten within a couple of days once they are off the vine.
- Rhubarb is a perennial crop also grown in Indiana. The edible portion of the plant is the large, tender leaf stalk harvested in late spring or early summer.



INDIANA
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INGREDIENTS

- 8 ounces fresh strawberries
- 2 stalks (about 8 ounces) fresh rhubarb
- 2 tablespoons sugar
- 1 tablespoon balsamic vinegar
- 1 cup granola
- 4 small containers (5.2 ounces each) vanilla Greek yogurt
- Popsicle molds or 5-ounce paper cups
- 8 popsicle sticks

INSTRUCTIONS

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper. Cut the strawberries into quarters no larger than $\frac{3}{4}$ by $\frac{3}{4}$ inches. Cut the rhubarb stalks in half lengthwise and then into $\frac{1}{2}$ -inch pieces.
2. In a medium bowl, combine the strawberries, rhubarb, sugar, and balsamic vinegar. Toss until the fruit is coated. Place the fruit mixture in a single layer on the prepared baking sheet and bake for 30 to 45 minutes until the fruit is soft. Remove the fruit from the baking sheet and allow it to cool to room temperature.
3. To make the yogurt pops, sprinkle one teaspoon of granola into the bottom of each popsicle mold, then add one heaping tablespoon of yogurt, one tablespoon of fruit and another heaping tablespoon of yogurt to make even layers. Repeat the layers once more in the same order (granola, yogurt, fruit, yogurt), finishing with granola on top. Gently press the top layer of granola into the yogurt, then push a popsicle stick into the center of each mold, leaving about $\frac{1}{2}$ inch between the stick and the bottom of the mold.
4. Freeze the popsicles overnight. Once completely frozen, serve or transfer each to an individual sandwich-size, zip-close bag for freezer storage.