



Strawberry

QCWA Product of the Year - 2026

COMMUNITY ACTIVITY GUIDELINES

qcwacountrykitchens.com.au





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Introduction to QCWA

Country Kitchens

The QCWA Country Kitchens program is a partnership between the Queensland Country Women's Association and Health and Wellbeing Queensland.

Funded by the Queensland Government through Health and Wellbeing Queensland, the Country Kitchens program has been supporting Queenslanders to improve their health by adopting healthier lifestyle behaviours since 2015.

The aim of the QCWA Country Kitchens program is to improve food and nutrition literacy amongst Queenslanders. The program has three fundamental objectives:

1. To engage with a volunteer workforce of QCWA members building skills in health promotion and food and nutrition literacy
2. To empower both QCWA members and their communities to initiate and/or participate in healthy lifestyle initiatives that will result in positive lifestyle behaviour changes
3. To support the engaged QCWA members (Country Kitchens Facilitators) in their community

5 key messages underpin the program content and Country Kitchens Facilitators promote them at every opportunity. Each message is supported by scientific evidence to reduce the lifestyle associated risks of chronic diseases including obesity, diabetes, cardiovascular disease and cancer.

5 Key Messages



**Get more fruit
and veg into
your meals**



**Cook at
home**



**Check your
portion size**



**Be aware of
sugar in your
drinks**



**Sit less,
move more**

The QCWA Product of the Year

Each year the Country Kitchens team develops a suite of resources to promote the QCWA Product of the Year through the lens of the Country Kitchens 5 key messages. These Community Activity Guidelines were produced for the 2026 Product of the Year - Strawberry, and are designed to be used by QCWA members.

This booklet provides an overview of strawberries, including where they are grown in Australia, what nutritional benefits they provide and other fun facts. They also outline four activities that support Levels 2 and 3 of the Country Kitchens PATHway (pg. 4). The first activity promotes the key messages 'get more fruit and veg into your meals' and 'cook at home', and involves completing a healthy strawberry recipe promotion at a branch meeting or showcase. If you prefer craft over cooking, try the stuffed felt strawberry activity and promote the key message 'get more fruit and veg into your meals'. The third activity involves making jars of granola mixture used in our strawberry parfait recipe to promote the key message 'cook at home'. Finally, the last activity involves setting up a strawberry-themed showcase which promotes all of the Country Kitchens 5 key messages. The team would love to see how you incorporate the Country Kitchens Strawberry Community Activity Guidelines into your branch and community. Tag Country Kitchens in your Facebook (@qcwacountrykitchens) or Instagram (@countrykitchens) posts, or send an email to countrykitchens@qcwa.org.au.

As always, the team is here to help. Reach out to your Country Kitchens buddy for assistance with planning and implementing any of the activities mentioned in these guidelines. Please remember to include any Country Kitchens Product of the Year activities in your monthly branch reports!

Introduction to QCWA

Country Kitchens

QCWA Country Kitchens 5 Key Messages



Get more fruit and veg into your meals

Incorporating more vegetables and fruit into each meal is a great way to improve you and your family's health. Research shows that the more veggies we eat, the lower our risk of developing heart disease, stroke and cancer. But Queenslanders aren't eating enough. **Only 5.8% of adults and 3.1% of children** are eating the recommended **5 serves of vegetables each day**.¹ We are better at eating fruit but still many of us don't eat 2 serves of fruit each day. Fruit and vegetables are a great source of minerals and vitamins, dietary fibre and a range of phytochemicals.



Cook at home

Based on ABS household expenditure data, the trend away from home cooking toward eating out and fast foods has continued in recent years. The proportion of money spent on food eaten outside of home **increased from 25 per cent in 1988-89 to 34 per cent in 2015-16**.² In Health and Wellbeing Queensland's 2023 A Better Choice Report, **more than half of respondents indicated they eat out at least once a week**.³ Discretionary foods are typically high in saturated fat, added sugars, added salt and alcohol. Cooking at home allows you to prepare healthier options and make a few simple changes to add nutritional value to your recipes.



Check your portion size

Food and drink portions have increased dramatically over the past 25 years—the age of super-sizing. The health cost for upsizing food serves is significant, and is clearly reflected in current Queensland population health data. **Just 31% of Queensland adults are within the healthy weight range and 33% of Queensland children are in the overweight and obese range, according to the 2024 Report of the Chief Health Officer Queensland**.¹ Larger portions have more kilojoules. Here are some tips for checking your portion sizes:

- ½ of your plate should be vegetables (think variety and colour)
- ¼ of your plate should be good-quality carbohydrate rich food—such as potatoes or wholegrain cereals such as wholemeal pasta, brown rice, oats, quinoa
- ¼ of your plate should have food sources of protein, like lean meat, poultry, eggs or legumes.



Be aware of sugar in your drinks

Sugar in drinks continues to be a major health concern, particularly for children and youth. Sugar sweetened beverages can lead to tooth decay and excessive weight gain. Added sugars include white sugar, brown sugar, raw sugar, honey and syrups to name a few.

Limit your intake of beverages such as soft drinks, vitamin waters and fruit drinks.

Water is always the best option!



Sit less, move more

Being physically active every day is important for the health of all, no matter your age or ability. It gives you more energy, increases self-confidence and can help increase bone strength. The National Physical Activity Guidelines recommend we need **30 minutes of moderate physical activity every day**. Moderate intensity activities include brisk walking, digging in the garden, mowing the lawn; or medium paced cycling or swimming.

¹ Queensland Health (2025); The health of Queenslanders: Report of the Chief Health Officer. The State of Queensland 2025 (Queensland Health).

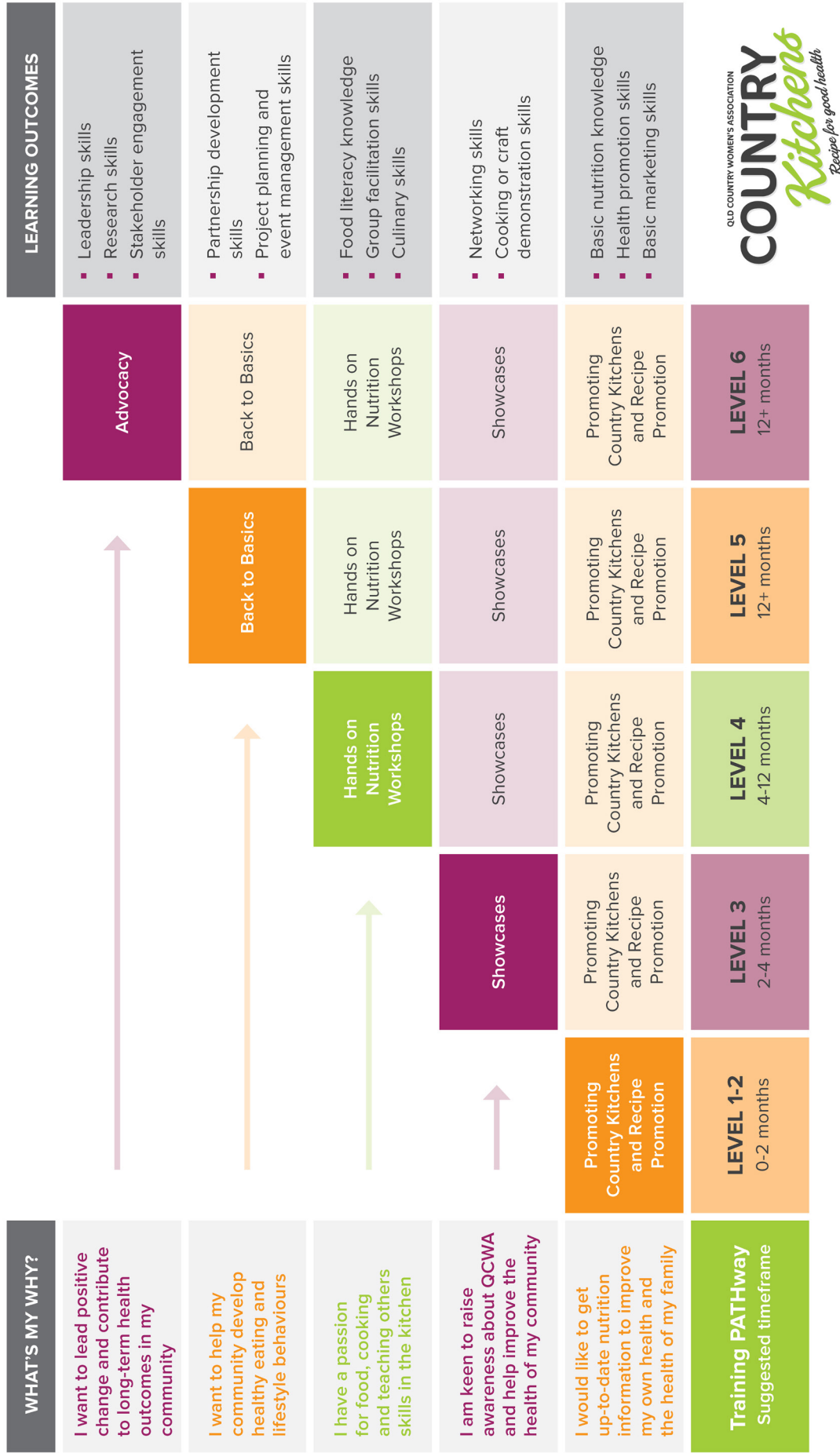
² Australian Bureau of Statistics (2018); Household Expenditure Survey and Survey of Income and Housing, User Guide, Australia, 2015–16. Australian Bureau of Statistics.

³ A Better Choice (2023); Eating out in Queensland: Understanding the drivers behind food choice, 2022. Health and Wellbeing Queensland.

PATH - Promoting and Advocating Together for Health



QCWA Country Kitchens Facilitator Training PATHway



Connecting women who have the power to heal their communities

QCWA Country Kitchens

Program Overview



Level 1-2: Introduction to QCWA Country Kitchens

Facilitators trained in Level 1-2 have learnt the basics of the QCWA Country Kitchens program and health promotion. Activities they might be involved in include:

- Promoting the Country Kitchens Monthly Munch newsletter
- Promoting healthy recipes, including taste testers
- Healthy catering with Country Kitchens recipes

Level 3: Perfecting Your Showcase

Facilitators trained in Level 3 have learnt how to promote the Country Kitchens program via health promotion displays including:

- Static displays with program resources and recipe cards
- Interactive showcases with activities or healthy taste testers
- Demonstration showcases which include craft or cooking demonstrations



Level 4: Hands on Nutrition Workshops

Facilitators trained in Level 4 may choose to run a HONW with a local organisation, school or community group. These workshops include:

- Cooking or craft demonstrations
- Nutrition education around the 5 Key Messages, healthy lunchboxes or recipe modification
- Group cooking or craft class

Level 5: Back to Basics

Facilitators trained in Level 5 may choose to run a Back to Basics workshop series. These cooking workshops are delivered across 4-8 sessions. The two Back to Basics series include:

- *Back to Basics: Food Literacy* - targeted to adults
- *Back to Basics: 5 Key Messages* - targeted to children



Level 6: Advocacy

Facilitators trained in Level 6 may advocate for food, nutrition or physical activity related issues in their local communities to:

- Improve long-term health outcomes of Queenslanders
- Speak up about issues in your community
- Gain skills in leadership

Background

Country Kitchens Product of the Year Activities and Resources

Each year the Country Kitchens program releases a suite of resources and activities that correspond to the QCWA Product of the Year and promote the 5 key messages.

Community Activities

These Community Activity Guidelines outline three Country Kitchens activities for the 2026 QCWA Product of the Year - Strawberry. These can be run at your branch or with small community groups, and are set out in a similar way to the activities in the Country Kitchens Facilitator Guidelines.

Each activity includes a resource guide, session checklist, and session plan template to help you plan and undertake the activity. Get in touch with your Country Kitchens (CK) buddy if you would like help planning any of the activities listed in this booklet:

- Strawberry recipe promotions (pg. 10)
- Stuffed felt strawberry (pg. 15)
- Strawberry parfait granola mix (pg. 22)
- Strawberry showcases (pg. 28)



Resources

The following resources can be incorporated into activities already taking place at branches (e.g. a static showcase) or can be used to support events at branches, divisions, and within the community. Get in touch with your CK buddy to order any of the 2026 Product of the Year resources listed below:

- Country Kitchens *Strawberry Recipe Booklet*
- Strawberry recipe cards
- Strawberry flip cards
- Strawberry poster
- Country Kitchens bunting tea towel - customise your bunting by including strawberry fabric



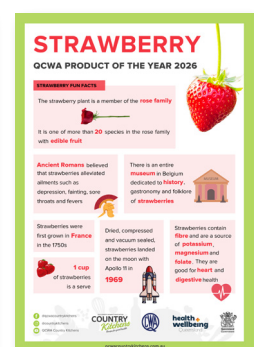
Strawberry recipe booklet



Strawberry flip cards



Strawberry bunting



Strawberry poster

Background

QCWA Product of the Year - Strawberry

Overview

Strawberries are one of Australia's most loved fruits, enjoyed fresh in summer picnics, blended into smoothies, or topping off a pavlova. The strawberry plant is a member of the rose family. It is one of more than 20 species in the rose family with edible fruit. Known for their characteristic aroma, bright red colour and juicy sweetness, strawberries aren't technically a berry, as the seeds are on the outside of the fruit.⁴

Strawberries were first cultivated in France around 1740. They were a cross between two species, one from North America, *Fragaria virginiana*, known for its flavour, and one from Chile in South America, *Fragaria chiloensis*, known for its large size.⁴

Strawberries are now grown widely across the world, with major producers including China, the United States, Mexico, Spain, Egypt, and Turkey. The strawberry industry is valued at over \$22 billion globally.⁵ Strawberries can be consumed fresh, frozen or dried as well as made into preserves such as jams. The leaves and roots have also been used in herbal and native American medicine.⁴



Strawberries in Australia

Australia's strawberry season is unique because it technically never ends, stretching across the different states. Queensland leads the way, producing the bulk of Australia's strawberries between May and October, thanks to its warm, sunny winters. As temperatures start to get hot in Queensland, Victoria and Western Australia take over, keeping fresh fruit flowing throughout summer. The Yarra Valley on the outskirts of Melbourne, Victoria, is a historical and current hub for strawberry farms. This is where the first strawberries were grown commercially in the 1950s. This staggered growing pattern means Australians are lucky enough to enjoy strawberries almost 12 months of the year. Most Australian strawberries are grown in open fields. In Western Australia, protected cropping is commonly used. This involves sheltering crops with artificial structures to provide modified growing conditions and protection from pests and adverse weather. With this method, strawberries are grown suspended half a metre above the ground, protected by clear plastic tunnels.⁵



Protected crop grown strawberries



Field grown strawberries

There are many varieties of strawberries grown in Australia. While they may initially appear very similar, there are subtle differences in the size, shape and structure.⁶ Common varieties include: Albion, San Andreas, Juliette, Red Rhapsody, Sundrench and Suncoast Delight.

Background

How Do Strawberries Grow?

Strawberry plants can be planted in almost any garden soil; however richer soil will lead to larger crops. They grow best in cool, moist climates and do not do well in hot temperatures.⁷

Strawberries are short-lived perennials, meaning the same plant can live for several years, but farmers often replant them annually for the best yields. Their growth goes through a few key stages:

1. Planting

- Strawberries are usually grown from small plants (runners) rather than seeds.
- They need rich, well-draining soil and plenty of sunlight.

2. Leaves and Runners

- The plant first produces green leaves close to the ground.
- It also sends out “runners” - long stems that spread sideways and root themselves, creating new baby plants.

3. Flowering

- White flowers with yellow centers appear.
- These flowers are essential because each one has the potential to become a strawberry.

4. Pollination

- Bees and other pollinators transfer pollen between flowers.
- Good pollination means bigger, better-shaped fruit.

5. Fruit Development

- After pollination, the base of the flower swells and turns into a strawberry.
- The “seeds” you see on the outside are actually tiny fruits called achenes, each with a seed inside.

6. Ripening

- Strawberries start off green, then turn white, and finally ripen into that familiar red.
- Once picked, they don’t continue to ripen much, therefore they are best harvested fully red and ready to eat.



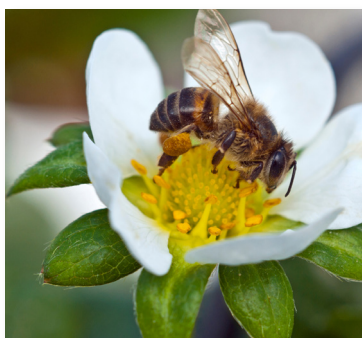
1. Planting



2. Leaves and Runners



3. Flowering



4. Pollination



5. Fruit Development



6. Ripening

Background

Nutrition

Strawberries are classified as a fruit and are therefore a core food according to the Australian Guide to Healthy Eating.⁸ We should be aiming to eat two serves of fruit each day. One cup (about 8 medium strawberries) is equal to one serve of fruit.

Strawberries are rich in fibre, which helps you to feel fuller for longer and supports digestion. They are packed with Vitamin C, with one cup of strawberries providing more vitamin C than an orange! Vitamin C is important for our immune system, skin health, healing and more. Strawberries are also rich in minerals and antioxidants such as potassium, magnesium and folate which are great for maintaining heart health.⁹

Eating Strawberries

Selection

When choosing strawberries, look for punnets with clean, dry, red berries. They should have a rich, even sheen, with bright green leaves and stems. Strawberries need to be handled gently as they bruise easily, which can lead to spoilage.

Storage

Strawberries are best stored in the fridge in their packaging, as they have a shelf life of only 3-4 days at room temperature. It is also best to keep them unwashed until use. Strawberries absorb water, so if excess moisture sits on the surface of the strawberries, this can break down their skin, speed up mould growth and reduce their shelf life.

To freeze strawberries, rinse them carefully in water and pat them dry then remove the stems and any soft spots, before packing them into freezer safe bags or containers. Frozen strawberries are great for baking, incorporating into sauces, or blending into smoothies.

Preparation

Strawberries are best eaten at room temperature and should only be washed just before preparing or eating them. Before serving, take them out of the fridge to come to room temperature and leave them in their container until you are ready to eat them. Then, gently rinse under cool water and remove the green caps just before serving.¹⁰



⁴ Rural Industries Research and Development Corporation, Case Study ³² Strawberries. Accessed: https://www.planthealthaustralia.com.au/wp-content/uploads/2024/01/10_139.pdf

⁵ Mostafa Adel, Strawberries in the Global Spotlight: Navigating Economic Growth and Climate Challenges in a Thriving Industry, ²⁰²⁵. Accessed: <https://globy.com/blog/strawberries-in-the-global-spotlight-navigating-economic-growth-and-climate-challenges-in-a-thriving-industry-20599a>

⁶ Queensland Strawberries, ²⁰²⁵. Accessed: <https://qldstrawberries.com.au/strawberry-lovers/varieties-and-availability/>

⁷ Berries Australia, Hort Innovation, ²⁰²⁵. Accessed: <https://berries.net.au/home/about/strawberries/varieties/>

⁸ Eat for Health: Australian Dietary Guidelines ²⁰²⁵, Australian Government: Department of Health, Disability and Ageing. Accessed: <https://www.eatforhealth.gov.au/>

⁹ Driscolls ²⁰²⁵, Strawberry Nutrition: Facts & Health Benefits. Accessed: <https://www.driscolls.com/berries/strawberries/nutrition>

¹⁰ Driscolls ²⁰²⁵, Get the Best From Your Strawberries. Accessed: <https://www.driscolls.com.au/strawberries/>

ACTIVITY 1 STRAWBERRY RECIPE PROMOTIONS

Preparation and Planning

Use this activity guide to:

- Complete a healthy strawberry recipe promotion
- Promote the key messages 'get more fruit and veg into your meals' and 'cook at home' in the context of the 2026 QCWA Product of the Year



Overview - *Strawberry Recipe Promotions*

Recipe Promotions

Completing a healthy recipe promotion is one of the activities involved in Level 2 of the QCWA Country Kitchens PATHway. You can complete a recipe promotion at your branch meeting or a community event, or even on social media. By choosing recipes from the Country Kitchens *Strawberry Recipe Booklet*, you can easily incorporate a healthy recipe promotion into any QCWA Product of the Year event. For a full refresher on recipe promotions, refer to the Level 1-2 Facilitator Guidelines pg. 18-36. A brief summary of things to consider when doing a Country Kitchens recipe promotion has been provided below.

STEP 1. Choose a recipe

Choose a recipe from the Country Kitchens *Strawberry Recipe Booklet* or turn to the appendix (pg. 36-47) for a full list of the recipes.



STEP 2. Share and discuss

Share your recipe at your branch meeting or event. Remember to take photos! Discussion points may include:

- Why did you choose this recipe? What's great about it? Was it easy to prepare?
- What makes the recipe healthy (the five elements)
- What tips and tricks do you have for making this recipe?
- Would you make any changes to the recipe in the future?

Use a Country Kitchens stamp of approval marker to indicate that the recipe is a healthy choice.



STEP 3. Report your activity

Make sure to include your recipe promotion activity in your Country Kitchens monthly report. If you are not a facilitator, we would still love to see photos from the day! Share them with the team at countrykitchens@qcwa.org.au or tag us on social media (@qcwacountrykitchens on Facebook or @countrykitchens for Instagram).

Things to consider

- **Nutrition criteria** - every Country Kitchens recipe meets essential nutrition criteria for either everyday or discretionary foods. The *Recipe Booklet* indicates whether recipes fall under the everyday or discretionary food category.
- **Food safety** - It can be easy to forget that food can be potentially dangerous if not handled, stored and prepared correctly. Before undertaking any activities involving food, make sure you are familiar with the food safety information shared in the Country Kitchens Healthy Cooking Guidelines (pg. 44-46). Some important things to consider when sharing taste testers as part of a recipe promotion are personal and kitchen hygiene, safe temperature zones, storage of food when travelling to and from your event, food labels, and potential allergens.
- **Recipe cards** - reach out to your CK buddy if you would like to order strawberry recipe cards for your recipe promotion. Please allow at least two weeks for the team to post these to you.
- **Recipe suitability** - take into consideration where your recipe demonstration will be taking place (e.g. as part of a branch meeting or a larger event), If you will be including taste testers, make sure the recipe is suitable for portioning into bite-sized pieces.
- **Additional talking points** - extra information about each recipe is provided in the appendix (pg. 36-47) under the heading 'What's Great About It'. Try incorporating some of this information as talking points while doing your recipe promotion.

Resource Guide - *Strawberry Recipe Promotions*

DIFFICULTY



Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets	Stove/oven Fridge		
Equipment	Banner (<i>optional</i>)			
Promotional materials	Printed resources: - Recipe cards - Stamp of Approval markers - Recipe booklet	Posters (<i>optional</i>): - Australian Guide to Healthy Eating - Food safety		



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Strawberry Recipe Promotions*

BEFORE ACTIVITY

☐	<i>Optional:</i> re-read the recipe promotion 'Overview and Activities' section of the Level 1-2 Facilitator Guidelines (pg. 18-31) for a refresher on recipe promotions
☐	Confirm venue resources (i.e. tables, chairs, serveware, cold storage)
☐	Choose a strawberry recipe from the Country Kitchens <i>Strawberry Recipe Booklet</i> or the appendix pg. 36-47
☐	<i>Optional:</i> order resources from your CK buddy (minimum 2 weeks prior)
☐	Confirm participant numbers
☐	Purchase ingredients
☐	Prepare the recipe as per food safety guidelines (refer to Healthy Cooking Guidelines pg. 44-46)
☐	Using the session plan (pg. 14), identify the five elements that make your recipe a healthy choice (to present on the day)
☐	Gather promotional materials and equipment (banner, posters, Stamp of Approval markers, recipe cards)

ON THE DAY

☐	Set up promotional materials and equipment
☐	Arrange tables and chairs for participants
☐	Introduce yourself, the program and the 5 key messages using the session plan (pg. 14)
☐	Promote the recipe using the points listed in the session plan (pg. 14)
☐	Take a photo of your recipe with the Country Kitchens Stamp of Approval marker
☐	Share taste testers of your recipe with participants
☐	Pack up and leave the venue as found

POST ACTIVITY

☐	Post photos to social media and tag Country Kitchens
☐	Include your recipe promotion activity in your Country Kitchens Monthly Report under the 'Level 2 - Recipe Promotion' section
☐	Reflect on what worked well and what could be done differently next time

Session Plan - *Strawberry Recipe Promotions*

INTRODUCTION TO COUNTRY KITCHENS

Introduce the program and the 5 key messages:

RECIPE PROMOTION

You might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional information to share about strawberry and your chosen recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe promotion activity until you feel confident doing it without one.

ACTIVITY 2

STUFFED FELT STRAWBERRY

Preparation and Planning

Use this activity guide to:

- Complete a stuffed felt strawberry craft activity on your own or with a small group e.g. QCWA branch or craft group
- Promote the key message 'get more fruit and veg into your meals' in the context of the 2026 QCWA Product of the Year



Instructions - *Stuffed Felt Strawberry*

Stuffed Felt Strawberry

Adults in Queensland are not eating enough fruit and vegetables for good health.¹ We should aim to eat five serves of vegetables and two serves of fruit every day. This stuffed felt strawberry activity is designed to be used as an alternative health promotion strategy for those who love handcrafts. It is a fun craft activity designed to accompany discussion around getting more fruits and vegetables into meals and explaining what a serve of fruit looks like. The stuffed felt strawberry also makes a great addition to a QCWA Product of the Year themed showcase.

This activity can either be completed individually, with branch members (e.g. as part of a craft day), or in small groups as part of an interactive showcase (e.g. during an event celebrating the QCWA Product of the Year).



Materials:

- Strawberry pattern (pg. 18)
- Baking paper
- Pen
- Red felt
- One or two shades of green felt
- Fabric scissors
- Pins
- Embroidery needle
- Polyester fill/stuffing
- Red, green and orange or peach embroidery thread

Instructions:



1. Lay a sheet of baking paper over the strawberry pattern (pg. 18) and trace each piece. Cut out each piece from the baking paper.

2. Use the baking paper templates and pins to pin and cut each shape from the felt. Cut the following pieces:

- 1x 'Strawberry' from red felt
- 1 x 'Strawberry Leaf 1' from green felt
- 1 x 'Strawberry Leaf 2' from green felt



Making the strawberry:

3. Fold the red half circle in half, matching up the two straight edges.

4. Using two strands of red thread, sew the straight edges together with a backstitch, starting from the closed end of the strawberry and finishing at the open edge. Keep the needle and thread attached.



5. Open the curved edges of the felt and sew a loose running stitch around the open curved edge. Continue all the way around the opening, and keep the needle and thread attached.

Instructions - *Stuffed Felt Strawberry*



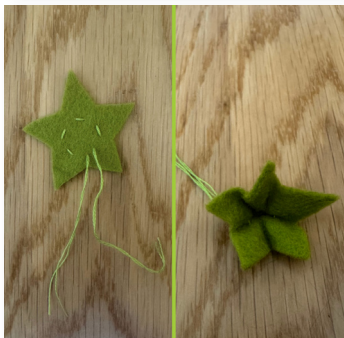
6. Turn your strawberry the right side out, so that the seam is hidden on the inside.

7. Add stuffing to the strawberry until it is as soft or firm as you would like.



8. Pull the thread running along the open edge of the strawberry tight, gathering the top closed around the stuffing.

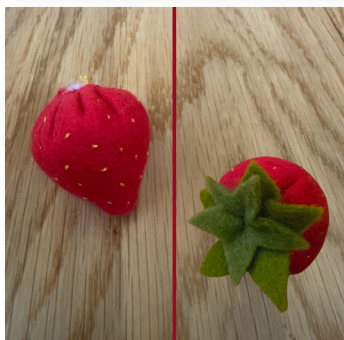
9. Using the same thread, sew across the opening multiple times until the top of the strawberry is securely closed.



Making the leaves:

10. Use one strand of green thread to sew a running stitch in a circle around the centre of one of the star shapes, leaving a 5cm tail of thread at each end. Repeat on the other leaf.

11. Carefully pull the two ends of each thread tight to gather the centre of the star. Tie the two ends together in a double knot then cut off the excess. Repeat on the other leaf.



Finishing touches:

12. Using two strands of peach or orange thread, sew little seeds all over the body of the strawberry, taking care not to pull the thread too tight. Start by pushing the thread through the opening at the top so that it is hidden, and work your way around the body of the strawberry. Finish by cutting the thread close to the surface and slightly pulling/pinching the felt so the thread disappears inside.

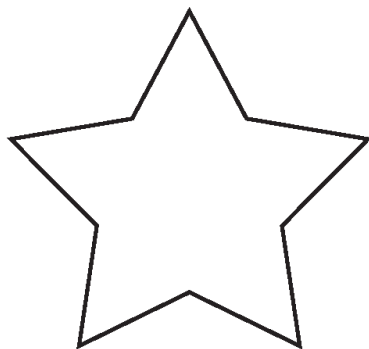
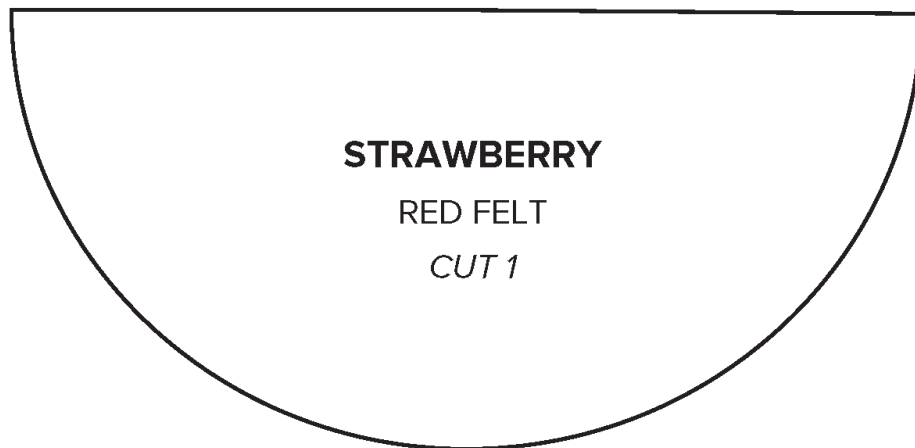
13. Stack the two leaves on top of one another, then attach to the top of the strawberry using a couple of strands of green thread.



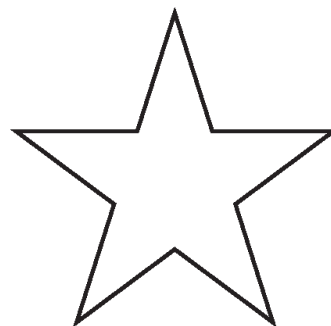
You now have a completed strawberry! Repeat until you have your desired amount. You can make different sized berries, or a few with just one leaf for some variation.

Incorporate your stuffed strawberry into a Product of the Year showcase, or have a go at running this activity with a small group at your QCWA branch or in your community. Extra copies of the strawberry pattern are available to download from the Country Kitchens website. Hover over the 'Resources' tab on the home page and select '[QCWA Member Activities](#)' from the dropdown list. Here you will also find printable copies of these Community Activity Guidelines and all of the other resources developed for the QCWA Product of the Year.

Pattern - *Stuffed Felt Strawberry*



**STRAWBERRY
LEAF 1**
GREEN FELT
CUT 1



**STRAWBERRY
LEAF 2**
GREEN FELT
CUT 1

Resource Guide - *Stuffed Felt Strawberry*

DIFFICULTY



Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets			
Equipment	Banner Craft supplies Instructions and pattern			
Promotional materials	Strawberry poster AGHE poster	5KM cards Brochures		



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, craft materials and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Stuffed Felt Strawberry*

BEFORE ACTIVITY

☐	Confirm venue resources (tables, chairs)
☐	Confirm participant numbers
☐	Use the session plan (pg. 21) to plan what equipment and materials you will need
☐	Purchase/organise craft equipment and supplies (scissors, felt, thread, pins etc.)
☐	Print copies of the strawberry instructions (pg. 16-17) and pattern (pg. 18) for each participant
☐	<i>Optional:</i> organise promotional materials and equipment (banner, 5 key message cards, brochures)

ON THE DAY

☐	<i>Optional:</i> set up promotional materials
☐	Arrange tables, chairs and craft supplies for participants
☐	Introduce yourself, the program and the 5 key messages using the session plan (pg. 21)
☐	Make the stuffed felt strawberry by working through each step as a group
☐	Take photos!
☐	Pack up and leave the venue tidy

POST ACTIVITY

☐	Post your photos to social media tagging all relevant parties
☐	Include your craft activity in your Country Kitchens Monthly Report under the 'Level 3 - Interactive Showcase' section

Session Plan - *Stuffed Felt Strawberry*

STUFFED FELT STRAWBERRY CRAFT ACTIVITY

Introduce the program and 5 key messages:

Resources/equipment you will need:

Optional - Skill you will demonstrate and resources you will need:

E.g. How to do a running stitch, tips for threading a needle, how to gather fabric etc.

Checklist

- | | |
|--------------------------|--|
| ☐ | Resources ordered from Country Kitchens buddy |
| ☐ | Materials for each station |
| ☐ | Printed strawberry instructions and pattern for each participant |

If you need to, make copies of this session plan and use it each time you are running a stuffed felt strawberry craft activity until you feel confident doing it without one.

ACTIVITY 3

STRAWBERRY PARFAIT GRANOLA MIX

Preparation and Planning



Use this activity guide to:

- Complete a strawberry parfait granola mix activity with your branch or a small group
- Promote the key message 'cook at home' in the context of the 2026 QCWA Product of the Year



Instructions - *Strawberry Parfait Granola Mix*

Strawberry Parfait Granola Mix

Adults in Queensland are not eating enough fruit for good health.¹ We should aim to eat two serves of fruit every day. This granola mix activity is designed to be used as a fun and interactive way to promote healthy eating and the QCWA Product of the Year. It involves combining the dry ingredients used in the *Homemade Granola*, which is used as part of the *Layered Strawberry Parfait* recipe. The dry ingredients are packaged into glass jars which can be used as healthy gifts or prizes for competitions, or sold at QCWA or Country Kitchens events. Each jar will make enough granola for two layered strawberry parfaits.

This activity can either be completed individually, with branch members, or in small groups as part of an interactive showcase (e.g. during an event celebrating the QCWA Product of the Year).



Materials:

- Recipe ingredients (listed below)
- 300mL glass jars with lids
- Recipe cards/instructions
- Measuring cups (½ and ¼ cup)
- Measuring spoons
- Jar tags (pg. 24)
- String/twine
- Scissors

Instructions:

1. Confirm participant numbers for your activity. Each participant will prepare one jar of granola mix, which makes enough for two layered strawberry parfaits, with a little bit left over.
2. Purchase groceries for your activity. One jar of granola contains the ingredients listed below. Multiply the amounts by the number of participants you have confirmed.
 - ½ cup rolled oats
 - ¼ cup almonds
 - ¼ cup sunflower seeds or pepitas
 - ¼ cup dried fruit (eg. chopped apricots, apple, pineapple, raisins)
 - ½ teaspoon ground cinnamon
3. Gather the remaining materials for the activity:
 - 1 x 300mL glass jar per participant
 - 1 x recipe/instruction card per participant (see right). Order these from your CK buddy
 - 1 x jar tag per participant. Make copies of the tags on pg. 17 or order these from your buddy. Cut and fold the labels so they are ready for use
 - Source string/twine to attach the labels to the jars. You may like to pre-cut the lengths and provide one per participant
 - Source enough ½ and ¼ cup measuring cups and measuring spoon sets for your group (participants can share equipment)
4. Run your activity with your group! Remember to take photos, and include your activity in your monthly report.

Strawberry Parfait Granola Mix

Makes: 1 jar (enough for 2 parfaits)
Prep time: 5 minutes
Cook time: 0 minutes



Ingredients

½ cup rolled oats
¼ cup almonds
¼ cup sunflower seeds or pepitas
¼ cup dried fruit (eg. chopped apricots, apple, pineapple, raisins)
½ teaspoon ground cinnamon

Method

MEASURE and add oats, seeds, dried fruit and cinnamon into a 300mL glass jar. Fasten lid securely.

ATTACH jar tag with recipe instructions around lid with twine or string. Secure with a knot or bow.
STORE jar in a cool, dry place until use.

Recipe courtesy of the Country Kitchens team



*Strawberry Parfait Granola Mix
Activity Recipe Card/Instructions*

Jar Tags - Strawberry Parfait Granola Mix



Resource Guide - *Strawberry Parfait Granola Mix*

DIFFICULTY



Helping hands				
Cost				
Time				
Venue resources	Table/chairs Toilets			
Equipment	Ingredients 300mL glass jars Recipe cards/ instructions	Jar tags, string and scissors Kitchen equipment	Banner (optional)	
Promotional materials	Strawberry poster Strawberry flip cards	AGHE poster 5KM cards Brochures		



Allow at least one
facilitator/volunteer
for each symbol



Costs may include
ingredients, jars,
printing and hall hire



Equivalent to
approximately
1 volunteer hour

Session Checklist - *Strawberry Parfait Granola Mix*

BEFORE ACTIVITY

☐	Confirm venue resources (tables, chairs)
☐	Confirm participant numbers
☐	Use the session plan (pg. 27) to plan what equipment and materials you will need
☐	Purchase/organise ingredients, equipment and supplies (glass jars, recipe cards etc.)
☐	Order copies of the <i>Strawberry Parfait Granola Mix Activity Recipe Card Instructions</i> from the team
☐	Print copies of the jar tags (pg. 24) or order from the team
☐	<i>Optional:</i> organise promotional materials and equipment (banner, 5 key message cards, brochures)

ON THE DAY

☐	<i>Optional:</i> set up promotional materials
☐	Arrange tables, chairs and activity supplies for participants
☐	Introduce yourself, the program and the 5 key messages using the session plan (pg. 27)
☐	Make the strawberry parfait granola mix jars by working through the instructions as a group
☐	Take photos!
☐	Pack up and leave the venue tidy

POST ACTIVITY

☐	Post your photos to social media tagging all relevant parties
☐	Include your activity in your Country Kitchens Monthly Report under the 'Level 3 - Interactive Showcase' section

Session Plan - *Strawberry Parfait Granola Mix*

STRAWBERRY PARFAIT GRANOLA MIX ACTIVITY

Introduce the program and 5 key messages:

Resources/equipment you will need:

Optional - Skill you will demonstrate and resources you will need:

E.g. How to measure ingredients correctly

Checklist

- | | |
|--------------------------|---|
| ☐ | Resources ordered from Country Kitchens buddy |
| ☐ | Materials for each station |
| ☐ | Recipe cards for each participant |

If you need to, make copies of this session plan and use it each time you are running a strawberry parfait granola mix activity until you feel confident doing it without one.

ACTIVITY 4

STRAWBERRY SHOWCASES

Preparation and Planning



Use this activity guide to:

- Complete a strawberry showcase activity at your branch or as part of an event
- Promote the Country Kitchens 5 key messages in the context of the 2026 QCWA Product of the Year

Overview - *Strawberry Showcases*

Introduction to Showcases

A showcase is a display that promotes the Country Kitchens program and 5 key messages. There are three different types of Country Kitchens showcases that you can deliver: **static**, **interactive**, or **demonstration**. They range in complexity, with a static showcase being the simplest and a demonstration showcase being the most comprehensive. The type of showcase you choose to do will depend on many factors such as the event, resources available at your venue and the number of helpers you have. For a full refresher on showcases, refer to the Level 3 Facilitator Guidelines. A brief summary of the different types of showcases has been provided below.

Static Showcase

A static showcase is a fixed display that can be set up in a number of different locations. You do not need to be there to man this showcase the whole time - it is for members and visitors to take information away at their own discretion. You will just need to make sure that the information is updated regularly, and that the resources are well stocked.

Interactive Showcase

An interactive showcase is where you get to engage with members of your community to promote the Country Kitchens program face-to-face. There are a range of interactive activities that you are able to include in your showcase to attract people to your display. Examples include a sugary drinks display, a flip card activity, a competition or raffle with a prize (e.g. a Country Kitchens cookbook), or handing out taste testers of healthy recipes. Interactive showcases can be completed at your branch or at a community event.

Demonstration Showcase

A demonstration showcase builds on an interactive showcase by including a cooking demonstration. Although it requires more organising and helpers on the day, it is the most rewarding kind of showcase. A cooking demonstration is also a great way to attract an audience to your showcase and make your display stand out.

Strawberry Showcases

All three types of showcases outlined above can be given a strawberry theme using the various Country Kitchens Product of the Year resources and activities. Below are some suggestions for how you can incorporate these activities and resources into each type of Country Kitchens showcase.

Strawberry Static Showcase

Give your static showcase a strawberry theme by including strawberry recipe cards, strawberry bunting, or the strawberry poster. Keep it stocked with the other Product of the Year resources such as the *Strawberry Recipe Booklet* and a set of *Strawberry Flip Cards*. Remember, you don't need to be there in person. Just make sure the resources are kept stocked and current.



Overview - Strawberry Showcases

Strawberry Interactive Showcase

Use the *Strawberry Recipe Booklet* and the recipe promotion guide (pg. 10-14) to find a recipe that is suitable for providing taste testers. If cooking isn't your thing, you can do the strawberry flip card activity or run the strawberry parfait granola mix activity with your group instead. You could even run a 'guess the weight of the strawberries' competition, with a Country Kitchens cookbook or the strawberries themselves as the prize.



Strawberry Demonstration Showcase

Kick it up a notch by including a live cooking demonstration at your showcase! You can choose from any of the recipes in the *Strawberry Recipe Booklet*. Be sure to get in touch with your CK buddy to get some recipe cards and demonstrator cheat sheets supplied for your chosen recipe.



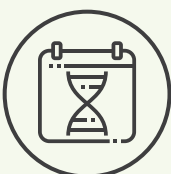
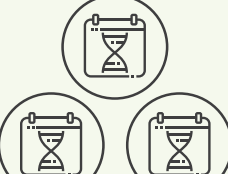
Resource Guide - *Strawberry Showcases*

DIFFICULTY 

STATIC

INTERACTIVE

DEMONSTRATION

Helping hands				
Cost				
Time				
Venue resources	Shelter	Shelter Nearby parking Bathrooms Cold storage	Shelter Nearby parking Bathrooms Kitchen facilities Power	
Equipment	Tablecloth Display stands Banner (<i>optional</i>) Backdrop (<i>optional</i>)	Tablecloth Display stands Banner Backdrop Table	Kitchen tub/s Induction Tablecloth Banner Backdrop Table Extension leads	
Promotional materials	Printed resources	Printed resources Cookbooks Recipe cards Flip cards	Printed resources Cookbooks Recipe cards Flip cards	



Allow at least one facilitator/volunteer for each symbol



Costs may include printing, food and hall hire



Equivalent to approximately 1 volunteer hour

Session Checklist - *Strawberry Showcases*

BEFORE ACTIVITY

☐	Decide on the type of showcase you will deliver (static, interactive or demonstration)
☐	Organise and book the venue/space
☐	Print/order resources from your CK buddy and organise a prize if running a 'guess the number of strawberries in the jar' competition
☐	Advertise your event (<i>optional</i>). Use the templates provided in the <i>Publicity Resource Kit</i>
☐	Locate equipment/promotional gear in your division and organise use for the day/period of time
☐	Organise tables, chairs and shelter for your event (interactive or demonstration showcases only)
☐	Select recipes, purchase groceries and prepare food using the session plan on pg. 33 (interactive or demonstration showcases only)

ON THE DAY

☐	Promote Country Kitchens and the 5 key messages
☐	Network with key community stakeholders
☐	Promote upcoming Country Kitchens community activities in your local area with a sign up sheet
☐	Run an activity e.g. strawberry parfait granola mix activity or the strawberry flip cards
☐	<i>Optional</i> : set up chairs for the audience for your demonstration (demonstration showcase only)
☐	Use Country Kitchens Stamp of Approval markers and serving platters for taste testers
☐	Discuss food safety with your audience (demonstration showcase only)
☐	Pack up: remove all promotional gear and leave the venue tidy
☐	Take photos!

POST ACTIVITY (ONGOING FOR STATIC SHOWCASE)

☐	Reflect on what worked well and what could be done differently next time
☐	Include your showcase activity in your Country Kitchens Monthly Report under the 'Level 3' section
☐	Post photos of the event to social media. Don't forget to tag Country Kitchens and any other relevant parties
☐	Subscribe email address of attendees who elected to receive the Monthly Munch. You can do this on the Country Kitchens website or forward to your CK buddy
☐	<i>Optional</i> : Use the template provided in the <i>Publicity Resource Kit</i> to write a post event media release

Session Plan - *Recipe Demonstration Showcase*

INTRODUCTION

Introduce yourself, your branch and the program

RECIPE PROMOTION

If you have chosen to do a recipe demonstration, you might like to re-read the 5 elements of a healthy recipe section of the L1-2 Facilitator Guidelines. You can use these elements as talking points during your presentation.

1. Fruit and Veg:

2. Sugar:

3. Salt:

4. Fat:

5. Fibre:

Additional tips/tricks or things you could highlight about the recipe:

If you need to, make copies of this session plan and use it each time you are running a recipe demonstration activity until you feel confident doing it without one.

Session Plan - *Recipe Demonstration Showcase*

Food safety:

What you will highlight:

Ingredients:

List the ingredients you need to prepare ahead of time as well as for use during the demo

Equipment:

(e.g. induction cooktop, small bowl, measuring cups etc.)

Checklist

☐	Demonstrator Cheat Sheet
☐	Ingredients
☐	Equipment list
☐	Resources organised (stamp of approval markers, recipe cards etc.)
☐	Food safety

If you need to, make copies of this session plan and use each time you are running a showcase activity until you feel confident doing it without one.

APPENDIX

Strawberry Recipes

The Country Kitchens team has put together a collection of 11 healthy recipes to feature for the 2026 Product of the Year - Strawberry. The recipes have been health-a-sized to meet the Country Kitchens nutrition criteria and are great options to incorporate into your branch or division events. Request extra copies of the Country Kitchens *Recipe Booklet* from the team.



Country Kitchens - *Strawberry Recipes*

Apple and Strawberry Muffins

Serves: 12

Prep time: 5 minutes

Cook time: 20 minutes



½ serve per portion

Ingredients

1 ¼ cups wholemeal self-raising flour

½ teaspoon ground cinnamon

⅓ cup brown sugar

1 ¼ cup unsweetened apple purée

1 large egg, lightly beaten

3 tablespoons light olive oil

1 cup chopped fresh or frozen strawberries

½ cup dried apple, chopped

1 teaspoon vanilla extract

Method

PREHEAT oven to 180°C and line muffin tin with cases.

COMBINE flour, cinnamon, and sugar in a bowl.

MIX apple purée, egg, oil, and vanilla in a separate bowl.

ADD wet ingredients to dry and stir gently until just combined. Avoid over mixing.

FOLD in chopped strawberries and dried apple.

DIVIDE batter evenly into muffin cases.

BAKE for 20 minutes or until golden and a skewer inserted comes out clean.

COOL slightly before serving.

What's Great About It?

These apple and strawberry muffins make for a delicious healthy snack. Juicy strawberries add a burst of flavour and colour, while apples bring natural sweetness and fibre to the mix. Use frozen strawberries to cut down on the cost!



DISCRETIONARY FOOD

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Strawberry Recipes*

Curried Chickpeas and Barley with Strawberry Chutney

Serves: 4

Prep time: 20 minutes

Cook time: 25 minutes



6 serves per portion

Ingredients

Chutney:

2 medjool dates, soaked in 2 tablespoons hot water

4 cups fresh strawberries, cut into quarters

½ cup raisins

1 brown onion, finely diced

1 tablespoon apple cider vinegar

2 garlic cloves, finely chopped

½ teaspoon ground cinnamon

½ teaspoon dried thyme

¼ teaspoon cayenne pepper (optional)

Curried Chickpeas:

1 brown onion, finely diced

2 garlic cloves, minced

1 head cauliflower, cut into florets

1 green capsicum, roughly chopped

1 cup vegetable stock

3 cups cooked barley (approx. 1 cup dry, cooked to packet directions)

400g can of chickpeas, rinsed and drained

2 tablespoons curry powder

1 tablespoon ground cumin

2 tablespoons fresh lime juice

1 teaspoon lime zest

1 cup natural yoghurt, to serve

¼ cup fresh coriander leaves (optional)

Method

MASH dates and water to form a paste in the bottom of a medium saucepan.

ADD the rest of the strawberry chutney ingredients and heat over low-medium heat.

SIMMER mixture for 15 minutes, stirring occasionally, until soft and jam-like. Remove from heat and allow to cool.

HEAT olive oil in a saucepan over medium heat.

ADD onion and garlic and sauté for 2-3 minutes.

ADD cauliflower, capsicum and ¼ cup stock to the saucepan and cook over medium heat for about 5 minutes.

MIX in remaining stock, chickpeas, curry powder and cumin. Simmer for 5 minutes or until vegetables are tender.

STIR in lime juice and zest.

SERVE four equal portions of curried chickpeas over a bed of barley with yoghurt, coriander and strawberry chutney on top.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Strawberry Recipes*

Layered Strawberry Parfait

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes



2 serves per portion

Ingredients

1 cup strawberries, chopped

½ cup rolled oats or 'homemade granola' [See recipe on pg. 32]

1 cup vanilla or strawberry yoghurt, reduced fat

2 tablespoons mixed seeds (chia, pumpkin, sunflower)

Optional toppings:

1 teaspoon honey or maple syrup

Pinch of cinnamon



EVERYDAY FOOD

Method

LAY chopped fresh strawberries in the bottom of a glass or bowl.

SPRINKLE with a tablespoon of rolled oats or 'homemade granola'.

ADD a layer of yoghurt.

SPRINKLE with mixed seeds.

REPEAT layers until glass is full or ingredients are used up.

DRIZZLE a little honey or maple syrup on top if desired.

GARNISH with a few whole strawberries and a pinch of cinnamon on top.

Note: if fresh strawberries aren't available, you can use frozen or make a homemade strawberry compote by simmering 1 cup of frozen strawberries with a ¼ cup of water and a teaspoon of honey until reduced.

What's Great About It?

With only a five-minute prep time, this parfait is a quick, easy and healthy weekday breakfast option. Strawberries can easily be swapped out for other seasonal fruit and for an extra boost of fibre and flavour, try swapping regular oats for our homemade granola mix recipe.

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Strawberry Recipes*

Homemade Granola (Used In Layered Strawberry Parfait)

Serves: 10

Prep time: 5 minutes

Cook time: 10 minutes

Ingredients

2 cups rolled oats

1 cup almonds

1 cup sunflower seeds or pepitas

1 cup dried fruit (eg. chopped apricots, apple, pineapple, raisins)

2 teaspoons ground cinnamon

⅓ cup neutral oil such as canola

⅓ cup honey or maple syrup



Method

MIX oats, almonds, seeds, dried fruit and cinnamon together in large bowl.

HEAT half of the oil in large pan on medium heat.

ADD in oat mix and stir until oats are light brown, about 5 minutes.

ADD in honey and remaining oil and stir for an additional 5 minutes.

REMOVE from heat and allow to cool.

What's Great About It?

A healthier alternative to many store-bought granolas, this recipe is low in sugar and high in fibre. Make a batch and store in an airtight container for an easy to grab breakfast option. Serve half a cup of granola topped with yoghurt and your choice of fruit for a well-balanced breakfast!

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Strawberry Recipes*

Mexican Chicken with Strawberry Salsa

Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

1 tablespoon ground cumin
1 tablespoon paprika
1 teaspoon chili powder (optional)
1 tablespoon onion powder
1 tablespoon garlic powder
500g chicken breast, chopped in half horizontally
2 tablespoons olive oil
Brown rice, to serve

Salsa:

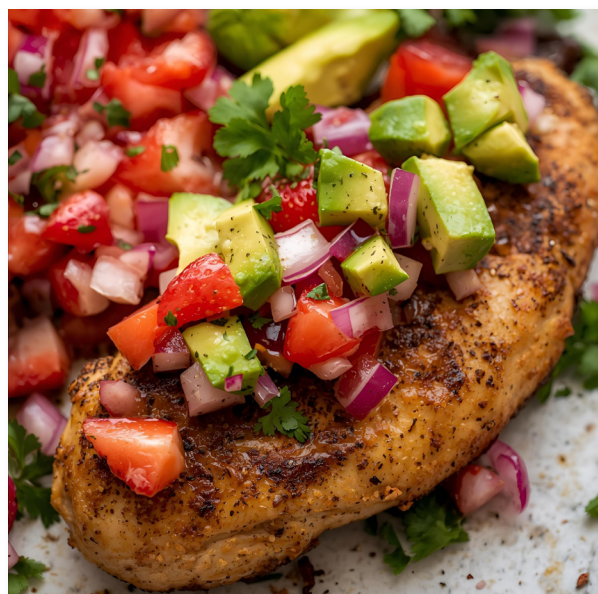
3 cups fresh strawberries, finely diced
1 ripe avocado, diced
1 jalapeño, deseeded and finely diced (optional)
½ red onion, finely diced
½ cup coriander, finely chopped (optional)
2 teaspoons honey
2 tablespoons fresh lime juice

Method

COMBINE cumin, paprika, chilli, onion and garlic powder in a small bowl.
COAT chicken in seasonings and set aside in a medium bowl.
MIX salsa ingredients in a small bowl and set aside.
HEAT olive oil in a frying pan over medium heat.
ADD chicken and fry over medium heat, turning halfway through, until cooked.
SERVE chicken over brown rice, topped with strawberry salsa and a squeeze of lime juice (optional).

What's Great About It?

Strawberry salsa is a fresh twist on a classic. Sweet, juicy berries meet zesty lime, herbs, and a little heat for the perfect balance of flavours. If you are low on spices and time, simply purchase a taco mix pack from your local grocery store to season the chicken with.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Strawberry Recipes*

Strawberry Crumble

Serves: 8

Prep time: 10 minutes

Cook time: 20 minutes



½ serve per portion

Ingredients

¾ cup rolled oats

¾ cup wholemeal plain flour

3 tablespoons brown sugar

½ teaspoon baking powder

3 tablespoons margarine, melted

1kg strawberries, fresh and diced OR frozen and defrosted

2 tablespoons cornflour

2 tablespoons water

¼ cup caster sugar

1 teaspoon vanilla extract

Natural yoghurt, reduced fat, to serve



DISCRETIONARY FOOD

Method

PREHEAT oven to 180°C.

MIX rolled oats, flour, brown sugar and baking powder together in a bowl.

POUR in melted margarine and stir until well combined. Set aside

PLACE strawberries into a saucepan and add cornflour, sugar, water and vanilla extract. Stir until combined.

COOK strawberry mixture over medium heat for 2-3 minutes or until slightly thickened.

TRANSFER strawberries to a medium sized baking dish.

SPRINKLE oat mixture evenly over the strawberries.

BAKE in oven until topping is golden and fruit is bubbling, about 15 minutes.

SERVE warm, with a dollop of yoghurt on top.

What's Great About It?

A quick version of a traditional strawberry crumble that can be made just on the stovetop by skipping the final step. Frozen strawberries work well in this recipe and you can also add in other seasonal berries, such as blueberries, blackberries or raspberries to switch up the flavour and add more colour and variety.

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Strawberry Recipes*

Strawberry, Cucumber, Watermelon and Feta Salad

Serves: 4

Prep time: 15 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

2 cups watermelon, cubed or balled

1 cup strawberries, hulled and halved or quartered

1 cup cucumber, thinly sliced

½ cup feta cheese, crumbled or cubed

¼ cup fresh basil leaves, torn or chiffonade

Dressing:

3 tablespoons lime juice

2 tablespoons olive oil

1 teaspoon honey

Salt and black pepper, to taste

Method

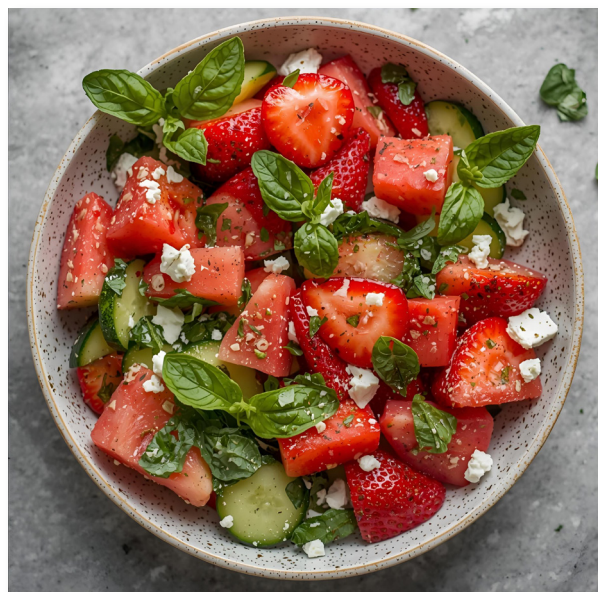
ADD watermelon, strawberry, cucumber, feta cheese and basil to a bowl and gently toss together.

COMBINE dressing ingredients in a small bowl or jar with lid and shake well.

DRIZZLE dressing over salad and toss before serving.

What's Great About It?

This dish is a delicious, light and fruity summer salad! It is great served on its own or as a side during festive celebrations. Easily add in more greens such as spinach to bulk it out and serve more people. This salad holds well even after the dressing has been added, so be sure to keep leftover for the next day.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Strawberry Recipes*

Strawberry Gazpacho

Serves: 6

Prep time: 15 minutes + 1 hour cooling time

Cook time: 0 minutes



1 serve per portion

Ingredients

1kg strawberries, cut into quarters

1 cucumber, peeled and diced

1 red onion, finely chopped

1 capsicum, chopped

2 cloves fresh garlic, crushed

3 tablespoons good quality extra virgin olive oil

2 tablespoons sherry vinegar

1 cup vegetable stock

1 teaspoon sea salt

Freshly ground black pepper, to taste

Chives, finely chopped, for garnish (optional)



EVERYDAY FOOD

Method

ADD strawberries, cucumber, red onion, red pepper, and garlic to a blender and blend until smooth.

ADD olive oil, sherry vinegar, vegetable stock, salt and pepper to taste.

BLEND again briefly to combine.

TASTE and adjust seasonings as necessary.

CHILL the gazpacho in the refrigerator for at least 1 hour before serving.

SERVE cold, garnished with finely chopped chives and extra strawberry and cucumber slices if desired.

What's Great About It?

Gazpacho is a cold Spanish soup, traditionally made with tomatoes. This twist on the classic is made by swapping tomatoes out for strawberries instead. It is refreshing, tangy and light and packed full of fruit and veggies. Serve with your favourite herb sprinkled on top - chives, basil or thyme all work well.

Recipe courtesy of the Country Kitchens team

Strawberry Ricotta Toast

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

2 slices sourdough bread, lightly toasted

8 medium strawberries, sliced

½ cup ricotta cheese, low fat

Optional toppings:

1 teaspoon honey

Lemon or lime zest

Finely chopped mint

Cinnamon

Roasted and chopped pistachios or walnuts

Method

SPREAD ricotta on toast.

TOP with sliced strawberries and your choice of toppings.

SERVE immediately.

What's Great About It?

This toast is the perfect way to change up your usual breakfast and get some more fruit into your meals! Ricotta is high in protein and a great source of calcium. Adjust the toppings to suit your preferences or to switch up the flavour each time.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Country Kitchens - *Strawberry Recipes*

Strawberry Smoothie

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

2 cups fresh or frozen strawberries

½ cup strawberry flavoured yoghurt, reduced fat

½ cup milk, reduced fat

Method

ADD all ingredients to a blender and blend until smooth.

SERVE cold.

What's Great About It?

Smoothies are a great way to take breakfast or a snack on the go with you, making them the perfect option for those busy mornings. A great way to use up strawberries that are getting old or too soft to eat, to help reduce your food waste. Try adding oats for an extra hit of fibre and to make this smoothie more filling, or switch up the flavour by adding in other fruits or berries.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Strawberry, Pear and Vanilla Loaf

Serves: 12

Prep time: 30 minutes

Cook time: 70 minutes



½ serve per portion

Ingredients

400g strawberries, chopped
2 pears, cored and chopped
1 tablespoon caster sugar
1 ½ cups wholemeal plain flour
1 cup self-raising flour
1 teaspoon bicarb soda
1 teaspoon cinnamon
½ cup milk
⅓ cup olive oil
⅓ cup honey
2 eggs, lightly beaten
2 teaspoons vanilla extract
150g strawberries, extra, sliced
Icing sugar, to dust

Method

PREHEAT oven to 180°C. Line a 25cm loaf pan with 3 layers of baking paper, extending the paper 2cm above the edges of the pan.

PLACE strawberries, pears, sugar and 2 tablespoons of water in a saucepan. Cover, bring to the boil over high heat. Remove lid and reduce heat to medium-low.

SIMMER stirring occasionally for 10-15 minutes or until strawberries have softened and sauce thickens slightly. Set aside for 20 minutes to cool.

BLEND fruit mixture until smooth. Allow to cool completely.

SIFT flours, bicarb soda and cinnamon into a large bowl. Make a well in the centre.

ADD milk, oil, honey, eggs, vanilla and fruit mixture. Stir well to combine.

SPOON mixture into prepared pan and level the top.

ARRANGE slices of extra strawberries, overlapping to completely cover top of batter. Bake for around 1 hour 10 minutes, or until a skewer inserted into the centre of loaf comes out clean.

STAND in pan for 10 minutes. Transfer, top side up, onto wire rack lined with baking paper. Allow to cool completely.

SERVE dusted with icing sugar.

What's Great About It?

If you have plenty of strawberries in season, this is a beautiful loaf to cook for a morning tea, high-tea or to take to a party. The fruit and wholemeal flour mean this loaf is packed full of fibre and is lovely served with a dollop of low-fat Greek yoghurt on top!



DISCRETIONARY FOOD

Recipe courtesy of Cynthia Daniels, Maleny Branch

Country Kitchens - *Strawberry Recipes*

Strawberry, Walnut, Parmesan & Rocket Salad

Serves: 4

Prep time: 5 minutes

Cook time: 0 minutes



1 ½ serves per portion

Ingredients

4 cups rocket, washed and dried

1 ½ cups fresh strawberries, sliced in half

¼ cup walnuts, toasted and roughly chopped

¼ cup shaved Parmesan cheese

Optional: fresh basil leaves, torn

Dressing:

2 tablespoons extra virgin olive oil

1 tablespoon balsamic vinegar

1 teaspoon honey

½ teaspoon Dijon mustard

Salt & black pepper, to taste

Method

ADD salad ingredients to a shallow bowl or plate and gently mix together.

COMBINE dressing ingredients in a small bowl or jar with a lid and shake well.

DRIZZLE dressing over salad before serving.

What's Great About It?

This salad is sure to impress when you're next entertaining! The combination of flavours and textures works well together, and the result is a bright and colourful salad that tastes amazing. Add sliced chicken breast for extra protein or to turn this salad into a main meal. Goats cheese and feta would also work well as a substitute for the parmesan.



EVERYDAY FOOD

Recipe courtesy of the Country Kitchens team

Notes

Notes



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