

Strawberry Agua Fresca with Mint

RECIPE

Harvest: strawberry, lemon or lime, mint

12 Servings

Supplies:

- Bowls for prepped ingredients
- Ice
- Blender (2 quart)
- Cambro, large bowl, or pitcher (6-8qt cambro= ~25 servings/32 cups)
- Strainer/colander
- Ladles for serving
- Measuring cups
- Knife & Cutting board (for fruit)

Ingredients:

- 4 Pints Strawberries
- 1 Cup Sweetener (local honey or agave syrup- add more to taste if needed)
- 10 cups Water
- 3 Lemon or Lime, juiced
- Ice
- 1 Bunch Herbs: Mint, leaves picked

Directions:

- **Prep**
 - Bring ice in cooler and set up blender.
 - Harvest herbs, wash and remove from stems.
 - Wash and remove green stems from berries.
- **Made by hand**
 - Add ice to cambro. Smash/muddle the fruit, tear mint and basil, add water, ice, sweetener, chia seeds if using, and mix.
- **By blender:**
 - Add berries and mint with water, and pulse in blender until smooth. Use colander to strain mixture into a pitcher. Then add ice, sweeten to taste and briefly blend again until the ice is crushed and the sweetener is mixed in. Serve in individual cups with a spring of mint or basil, or top with edible flower like chamomile.

Notes:

- **Alternative for minimal equipment/cooking:** muddle fruit and herbs with soda water, or make a sun tea
- You can make this recipe with many different harvests, like berries (summer/fall), guava, cactus fruits (fall), and citrus (winter)
- This recipe is often made with over-ripe melons; making juices or jams out of over-ripe fruit is a smart way to prevent it from becoming food waste.

Recipe created for The School Garden Network's Cooking From The Garden program.