



Cooking Corner: Homemade Popsicles!

Nothing says summer like long days with the sun blazing bright and hot...and popsicles! These frosty treats please most everyone, young and old. Making them at home is a great way to add a fun twist to eating nutritious, seasonal produce!

Don't have a popsicle tray in your cupboard? No worries. With a little creativity, you can make do. Try using these options for popsicle molds:

- Muffin tray
- Ball Mason jars – the ¼ pint (4 oz.) size works great!
- Dixie cups
- Shot glasses

And for sticks, try:

- Plastic or metal spoons
- A skewer or two – sharp ends broken off

To get sticks to stand up straight, insert when the popsicle is somewhat frozen, or insert the stick through an aluminum foil covering.

We scoured the internet to find the best popsicle recipes that include seasonal fruits & veggies. Check the farmers' market, your CSA box, or your own garden for ingredients. We'd love to hear your favorite recipes, too - feel free to share them on our Facebook page!

Blueberries:

- [Blueberry Greek Yogurt Pops](#)

Raspberries:

- [Lemon Frozen Yogurt Pops with Raspberries](#)
- [Raspberry Lime Pops](#)
- [Raspberry Yogurt Pops](#)

Peaches:

- [Chunky Peach Pops](#)

Mixed Fruit:

- [Tie-Dye Pops: Blackberry, Plum, or Raspberry](#)
- [Honey Yogurt Berry Pops](#)

Lavender:

- [Honey Lavender Pops](#)

Vegetables:

- [Lemonade Cucumber Pops](#)
- [Green Smoothie Pops](#) (Recipe is for Green Smoothie – just freeze for pops!)
- [Cucumber Lime Pops](#)