



Fresh Lemon-Berry Sip

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

pour: to cause liquid, granules, or powder to stream from one container into another.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- Pitcher
- Zester (or grater with small zesting plate/side)
- Cutting board + kid-safe knife
- Citrus squeezer or juicer
- Liquid measuring cup
- Wooden spoon

Ingredients

Fresh Lemon-Berry Sip

- 1 lemon
- 2/3 C granulated sugar
- 1 C fresh or frozen berries (your choice—my favorites are blueberries, strawberries, and raspberries)
- 2 C cold water

1 C sparkling water

ice, optional

Food Allergen Substitutions

Fresh Lemon-Berry Sip

Instructions

Fresh Lemon-Berry Sip

zest + juice

Have your kids zest and juice **1 lemon** into a pitcher.

measure + mix

Measure **1 cup fresh or frozen berries** and **2/3 cup sugar** and pour them into the pitcher. Smash them together with a wooden spoon. Add **2 cups cold water** and **1 cup sparkling water**.

pour + cheers

Pour over ice or serve at room temperature. Cheers!

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.