

Take pride in traditions with festive foods and colorful drinks

There are many celebrations that take place this time of year. There are the requisite graduations, weddings and days to honor family members. June is also home to two major celebrations—**Pride and Juneteenth**.



Pride Month is celebrated to commemorate the 1969 Stonewall uprising in Manhattan

That event is considered the tipping point for the gay liberation movement in the United States.¹ Over the years, it has grown into a month-long celebration. It recognizes the impact the LGBTQ+ community has on history and culture. You often see rainbows used as a symbol for pride. Rainbow flags have been recognized around the world to represent civil rights.



Artist Gilbert Baker helped design the original rainbow flag in 1978 for a Pride celebration.²

The progress pride flag, seen to the left, also includes brown and black to represent marginalized people of color. All of this adds up to incredibly colorful Pride parades, parties, concerts and picnics.

Make this incredibly colorful drink for your Pride parades, parties, concerts and picnics.

Rainbow sangría (non-alcoholic)

Makes 4 servings | Prep: 10 minutes



Ingredients

- 3 cups white cranberry juice drink
- 2 limes, juiced
- 1 cup sparkling water (chilled)
- 1 cup blackberries
- 1 cup blueberries
- 3 kiwis, peeled and sliced
- 1 cup diced pineapple
- 1 cup diced mango
- 1 cup halved strawberries
- 1 cup crushed ice

Preparation

In a small pitcher, stir together the juice drink, juice and sparkling water. Add ice. In tall glasses, layer blackberries, blueberries, kiwis, pineapple, mango and strawberries. Pour the juice mixture over the fruit.

Nutrition information | Serving size: 1 cup



Calories: 216 | Total fat: 1 g | Saturated fat: 0 g | Sodium: 42 mg | Cholesterol: 0 mg
Total carbs: 54 g | Fiber: 7 g | Sugars: 43 g | Protein: 2 g | Potassium: 481 mg



Color also plays into the celebration of Juneteenth

Juneteenth is an American holiday celebrating the freedom of Black African Americans from slavery. President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863. However, it took years for the news to travel and for the states to enforce the order.³ On June 19, 1865, the last enslaved African Americans were emancipated in Galveston, Texas. This marked the beginning of Juneteenth.

Many Juneteenth celebrations include foods that blend African heritage with Southern tradition. Staples include leafy greens, black-eyed peas, okra, barbecued meats and beans. Most menus feature foods that are red, like fruit and red velvet cakes. Red honors symbolism that comes from many West African cultures. It stands for strength, spirituality, life and death.⁵



This important moment in African American history has become a celebration of gratitude and freedom for all people.⁴

Juneteenth foods



Barbecued meats



Okra



Red velvet cake



Red fruits

The most common red item found on Juneteenth tables is "red drink." The original red drink was tea brewed from hibiscus flowers that were native to West Africa. The red drink evolved into lemonade flavored with cherry, strawberry or watermelon and even red sodas.

We've included a recipe for a delicious red drink to enjoy during your celebrations. Remember to serve it with gratitude, freedom, strength, spirituality and pride!

Strawberry mint spritzer

Makes 5 servings | Prep: 5 minutes



Ingredients

- 5 oz frozen strawberries
- 1 liter (about 3 12-ounce cans) lemon-flavored sparkling water, chilled
- 6 oz pink lemonade frozen concentrate, thawed
- ¼ cup mint leaves, chopped
- Lemon slices, garnish

Preparation

Place strawberries in a blender or food processor. Puree until smooth. In a pitcher, add sparkling water, lemonade and chopped mint, then stir. Add pureed strawberries to the bottom of drinking glasses or a pitcher. Pour mint/lemonade mixture on top of pureed strawberries. Garnish with lemon slices.

Nutrition information | Serving size: 8 oz



Calories: 27 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 16 mg | Cholesterol: 0 mg
Total carbs: 7 g | Fiber: 1 g | Sugars: 2 g | Protein: 0 g | Potassium: 28 mg



Toast your loved ones with symbolic and refreshing colorful drinks this June.

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¹<https://www.loc.gov/lgbt-pride-month/about/>

²<http://www.smithsonianmag.com/smart-news/original-rainbow-pride-flag-returns-san-francisco-after-43-years-180978000>

³<https://www.archives.gov/exhibits/featured-documents/emancipation-proclamation>

⁴https://nmaahc.si.edu/sites/default/files/files/nmaahc_kids_-_juneteenth_resource.pdf

⁵<https://www.atlasobscura.com/articles/what-is-juneteenth>