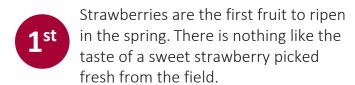
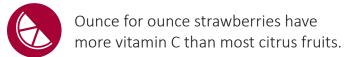


STRAWBERRIES

DID YOU KNOW?









A family visit to a local strawberry farm can create a lasting memory. What a great way to spend a spring day!



May is national strawberry month!

STRAWBERRIES

-FRESH AND HEALTHY-

Strawberries are a sweet, delicious and versatile fruit. Strawberry shortcake, is just one of many dishes you can prepare with these delightful berries. They can also be used in salads, baked goods, and beverages or eaten plain. Try some farm fresh strawberries at your next meal!

Best Time to Buy: March - July

Strawberries Benefit U!

- Low in calories
- High in vitamin C
- Cholesterol & fat free
- Low in natural sugars
- Source of folate & fiber

8 medium berries = 50 calories



Add Color to Your Meal

- Add to a mixed green salad
- Create a fruit smoothie
- Top a bowl of cereal or yogurt
- Stir into pancake or waffle batter
- Pop them in your mouth for a sweet and healthy treat

STRAWBERRY

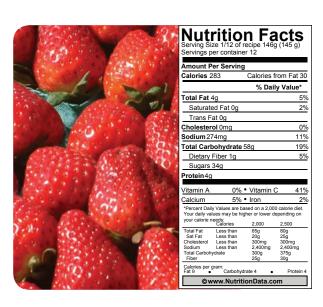
- RECIPE CORNER -

Strawberry Trifle

- 1 angel food cake (torn into small pieces)
- **3 cups** fresh strawberries
- % cup sugar or equivalent amount of sugar substitute*
- 1 large container fat-free whipped topping (thawed)
- ½ cup chopped nuts*

optional

Wash and slice fresh strawberries in a bowl and toss with sugar. In a large dish, layer angel food cake, strawberries and whipped topping. Repeat layering of ingredients. Garnish with nuts. Enjoy!



FAST FACTS

SELECTION

Choose fully ripe, plump, bright red strawberries with a fresh green cap. They do not ripen after they are picked. Strawberries are highly perishable, so plan to use them in a few days.

STORAGE

Remove strawberries from their original container and discard any spoiled berries or berries with mold. Arrange them in a single layer, top with a paper towel and store loosely covered in the refrigerator. Do not remove caps or wash until ready to serve.

PREPARATION

Just before using, place the strawberries in a colander or strainer and rinse gently with cool water. Then remove the caps. This preserves nutrients and prevents water from soaking into the berries.

PRESERVATION

Dry Pack Freezing: Spread a single layer of fruit on shallow tray and freeze. When frozen, pack strawberries into a container, seal and freeze.



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