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!

Fresh, Fast & Healthy!

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

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 or moldy berries. 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.

For more information on preservation call: 1.800.ASK.UGA1

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 Trifle

1 angel food cake (torn into small pieces)
3 cups fresh strawberries
¾ cup sugar or equivalent amount of sugar substitute (optional)
1 large container of fat-free whipped topping (thawed)
½ cup of 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!
Strawberries
Did You Know?

Strawberries are the first fruit to ripen in the spring. There is nothing like the taste of a sweet strawberry picked fresh from the field.

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

Strawberries are the only fruit with seeds on the outside; averaging as many as 200 tiny seeds per berry.

Ounce for ounce strawberries have more vitamin C than most citrus fruits.

May is National Strawberry Month

For more information contact:
1.800.ASK.UGA1
or
www.extension.uga.edu

Publication FDNS-E-167-3 January 2012
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