



STRAWBERRIES

DID YOU KNOW?

1st

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.



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.



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
 - ¾ 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!



Nutrition Facts	
Serving Size 1/12 of recipe 146g (145 g)	
Servings per container 12	
Amount Per Serving	
Calories 283	Calories from Fat 30
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 274mg	11%
Total Carbohydrate 58g	19%
Dietary Fiber 1g	5%
Sugars 34g	
Protein 4g	
Vitamin A	0% • Vitamin C 41%
Calcium	5% • Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Salt Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
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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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