

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!

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

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 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

Strawberry *Recipe Corner*

Strawberry Trifle

- 1 angel food cake (torn into small pieces)
- 3 cups fresh strawberries
- $\frac{3}{4}$ cup sugar or equivalent amount of sugar substitute (optional)
- 1 large container of fat-free whipped topping (thawed)
- $\frac{1}{2}$ 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!



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

Strawberries

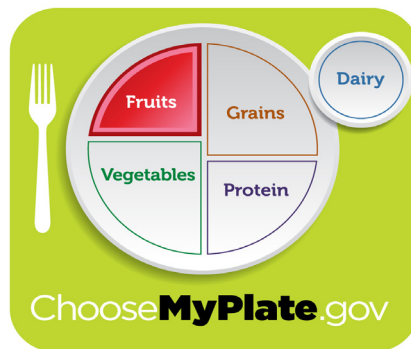
Did You Know?

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.



For more information contact:

1.800.ASK.UGA1
or
www.extension.uga.edu

Publication FDNS-E-167-3 January 2012
An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force

Released by Family & Consumer Sciences Agents:
Lisa D. Jordan, Chatham County
Janet C. Hollingsworth, Appling/Wayne County
In collaboration with:
D. Shane Curry
Agriculture and Natural Resources Agent/Appling County

Edited by:
Judy Harrison, Ph.D.,
Professor of Foods and Nutrition/Extension Foods Specialist
Gail M. Hanula, Ph.D., R.D., L.D.
Extension Nutrition Specialist/EFNEP Coordinator



College of Agricultural and Environmental Sciences
College of Family and Consumer Sciences

Strawberries



May is
National
Strawberry
Month

Learning for Life