

Strawberries

The strawberry is a small plant that belongs to the Rose family. Strawberry plants may appear to grow on vines, but they produce runners, or daughter plants, that mimic vine growth. These runners help the strawberry spread across a garden. Strawberries can be grown wild or as a cultivated plant.



HOW DO I MAKE A GOOD SELECTION?

Choose strawberries that are firm, shiny, and brightly colored. Strawberries should be free from bruising and mold. Harvest or choose ripe berries as they do not ripen after being picked.

WHAT IS THE PROPER STORAGE?

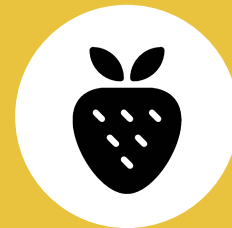
Store unwashed strawberries in their original container, or in a paper lined container covered with plastic wrap in the refrigerator for 1-3 days.

WHY SHOULD I EAT THIS?

Strawberries contain vitamin C, which helps heal cuts and wounds. They are a good source of potassium, which helps with muscle contractions and regulating fluid balance in the body. Strawberries also have folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.

HOW COULD I USE THIS?

- Add sliced strawberries to a salad
- Make a fruit salad using strawberries
- Top ice cream with fresh sliced strawberries
- Add sliced strawberries to cereal or oatmeal
- Top yogurt with sliced strawberries
- Add to the batter or top pancakes or waffles with chopped/sliced strawberries
- Add to a smoothie
- Add cut strawberries to baked goods and other desserts like pies
- Make jams and jellies
- Blend strawberries and add to lemonade



DID YOU KNOW?

The average strawberry has 200 tiny seeds on the outside.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 						X	X					
MARKET 						X	X					

Sources: *Nebraska Buy Fresh Buy Local*



Photo Credit: *Craig Chandler*

RECIPE:

Fruit Salsa and Cinnamon Chips

10 Servings

Ingredients:

- 3 kiwi, peeled and diced
- 2 apples, peeled, cored and diced
- 6 oz. fresh raspberries
- 1 lb. fresh strawberries, sliced
- 2 Tbsp. sugar
- 1 Tbsp. brown sugar
- 3 Tbsp. strawberry fruit preserves
- 1/2 cup sugar
- 1 tsp. cinnamon
- 10 whole wheat flour tortillas

Directions:

1. Wash hands with soap and water.
2. Gently rub kiwi and apples under cold running water. Rinse raspberries and strawberries gently under cool running water.
3. In a large bowl, combine diced kiwis and apples, raspberries, sliced strawberries, 2 T. sugar, brown sugar, and fruit preserves. Mix gently.
4. Cover and chill in the refrigerator for at least 15 minutes.
5. In a small bowl, mix 1/2 cup sugar with cinnamon.
6. Preheat oven to 350 degrees F.
7. Cut tortillas into 8 wedges, arrange in single layer on large baking sheet. Coat one side of each wedge with cooking spray. Sprinkle with cinnamon and sugar mixture. Spray again with cooking spray.
8. Bake 8-10 minutes. Repeat with any remaining wedges. Serve with chilled fruit salsa.
9. Store leftover chips in a bag on the counter and fruit salsa in a sealed container in the refrigerator.

Recipe Credit: *Nebraska Extension Nutrition Education Program*

Nutrition Info:

Nutrition Facts

10 servings per container
Serving size about 3/4 cup salsa & 8 chips

Amount per serving	
Calories	260
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 52g	19%
Dietary Fiber 4g	14%
Total Sugars 27g	
Includes 14g Added Sugars	28%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 2mg	10%
Potassium 320mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.