

Strawberries

The strawberry is a small plant that belongs to the Rose family. Strawberry plants may look like they grow on vines, but they really produce runners, or daughter plants, that imitate 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?

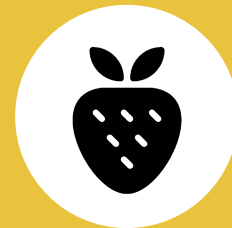
Store unwashed strawberries in the refrigerator for 1-3 days.

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 straw berries to cereal or oatmeal
- Top low-fat or Greek 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:

Lickity Split Banana Split

1 Serving

Ingredients:

- 1 banana, gently rubbed under cold running water
- 1/2 c. non-fat strawberry yogurt
- 1/2 c. whole-grain cereal
- 1/4 c. strawberries, gently rubbed under cold running water, sliced
- 1/4 c. raspberries, blueberries, or blackberries, gently rubbed under cool running water

Directions:

1. Wash hands with soap and water.
2. Peel and cut banana in half lengthwise.
3. Place banana in a cereal bowl.
4. Top banana with yogurt and sprinkle with cereal and fruit.

Nutrition Info:

Nutrition Facts	
1 servings per container	
Serving size	about 3 cups
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 220mg	10%
Total Carbohydrate 91g	33%
Dietary Fiber 5g	18%
Total Sugars 51g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 3mcg	15%
Calcium 347mg	25%
Iron 1mg	6%
Potassium 944mg	20%

*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.

Recipe Credit: Nebraska Extension Nutrition Education Program