

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?

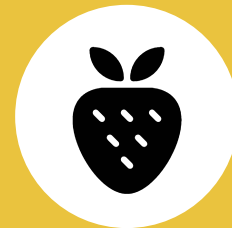
Store unwashed strawberries in their original container, or in a paper lined container covered with plastic wrap in the refrigerator for 1-3 days.

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



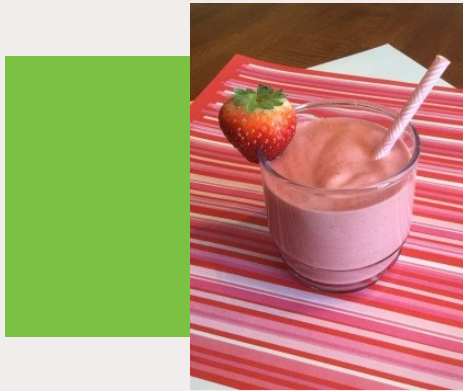
DID YOU KNOW?

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



RECIPE:

Simple Strawberry Smoothie

1 Serving

Photo Credit: Natalie Sehi, Nebraska Extension

Ingredients:

- 1/4 c. low-fat yogurt (vanilla or strawberry)
- 1/2 c. frozen strawberries
- 1/2 frozen banana
- 1/3 c. skim milk

Directions:

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

Nutrition Info:

Nutrition Facts	
1 servings per container	
Serving size	about 1 cup
Amount per serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 4g Added Sugars	8%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 269mg	20%
Iron 1mg	6%
Potassium 647mg	15%

*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