



May: Strawberries

Facts About Strawberries

- On average, strawberries have 200 seeds on the outside.
- Strawberries do not ripen after they are harvested, so pick berries that are firm, plump and fragrant with a bright glossy red appearance.
- Fresh strawberries should be refrigerated and eaten within three to four days of purchase.
- To help berries retain flavor, texture and nutrients, avoid washing or removing their caps until you are ready to use them.
- In medieval times, strawberries were served at important functions as they were thought to bring peace and prosperity.
- Before serving, gently wash strawberries with cool water.
- Good source of fiber, vitamin C and manganese.



The United States is the world's largest producer of strawberries. They are grown in every state in the United States and almost every country in the world. Americans consume about eight pounds of strawberries per person per year, with about 75% being fresh strawberries and the remainder being frozen. To get the most out of strawberries, wash them shortly before serving and eat them within a few days, as ripe berries are very perishable once picked.

Strawberries are an excellent source of vitamin C. A half cup provides 81% of what you need in a day! Vitamin C helps your body heal its and wounds, and it also helps your body fight sickness. Our bodies don't make vitamin C, so we need to get it from foods.



Strawberries Like Their Hats!

Did you know that strawberries are harvested with their 'caps' still attached?

A portion of the stem is left on the berry to help them stay fresh. Strawberries do not continue to ripen once they have been harvested off the plant. Once harvested, berries are put directly into plastic containers called clamshells and shipped to stores all across the country.



Fun Snack Ideas!

How to eat strawberries:

- Slice strawberries on top of yogurt and cereal or granola to make a delicious parfait!
- Blend frozen strawberries with orange juice or low-fat yogurt and ice for a healthy, quick smoothie!
- Wash, remove the stem, and eat for a super healthy snack.



Fun Facts!

- People in the U.S. eat an average of 3.4 pounds of fresh strawberries per year.
- It takes 30 days for a strawberry to grow from flower to fruit.
- There are 7 towns named "Strawberry", 6 in the United States and 1 in Jamaica.
- The strawberry we know today is a cross between two native American species - one from Chile and one from Virginia. The two met by accident - in faraway France!

Strawberry Pops

Ingredients:

12 strawberries
1 cup low-fat vanilla yogurt
1 cup lightly crushed whole-grain cereal
12 (4-inch) lollipop sticks



Instructions:

Rinse strawberry and remove the leaves
Dip the berries in yogurt, then in the cereal
Insert sticks into the narrow end of the strawberry
Serve immediately

Strawberry Milkshake

Ingredients:

1/2 cup frozen strawberries
1 cup skim or 1% milk
1/4 cup soft tofu or plain low-fat yogurt



Instructions:

Place all ingredients in blender. Blend until frothy. Serve immediately.

Strawberry Spinach Salad

Ingredients:

For Strawberry Spinach Salad:
10 ounces fresh baby spinach
1 quart strawberries (quartered)
1/2 red onion (sliced thin)
1/4 cup almond slices (toasted)
4 ounces feta cheese

For Balsamic poppyseed Dressing:

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
1/2 cup white sugar
1 tablespoon poppyseeds
1 tablespoon minced red onion



Instructions:

To make the salad dressing:
Combine all of the ingredients for the dressing in a mason jar.
Shake well until the sugar is dissolved and the dressing is combined.

To make the salad:

Combine all the ingredients for the salad in a large bowl. Very lightly dress the salad right before serving, reserving the rest of the dressing on the side for people to add more.

Healthy Fruit Pizza Minis

Ingredients:

4 medium tortilla, whole wheat
1/2 cup Greek yogurt, plain
1 tsp honey
1/2 tsp vanilla extract
3/4 tbs orange juice



Toppings:

1/4 cup strawberries
1/4 cup kiwi
1/4 cup mandarin oranges
1/4 cup blackberries
1/4 cup green grapes

Instructions:

Using a small cookie cutter or drinking glass, cut circle into tortillas. Set aside.
In a small mixing bowl, blend together yogurt, honey, vanilla and organ juice until fully blended. Slice strawberries, peel kiwi and slice, drain oranges and slice into smaller pieces; slice blackberries and grapes into quarters. Spread yogurt mixture onto tortillas and top with fruit.

