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## Florida Fresh: Strawberries<sup>1</sup>

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Farmers' markets offer unique opportunities to buy delicious fruits and vegetables. Because the produce is locally grown, it's fresh and reasonably priced. Enjoy some of your favorites or try something new! To find a farmers' market in your area, call your county Extension office or visit the Florida Department of Agriculture's web site: [www.fl-ag.com/farmmkt/city.htm](http://www.fl-ag.com/farmmkt/city.htm).



### History and Facts



Strawberries grew wild in ancient Rome.



Today, strawberries are one of the most popular fruits in the world!



Strawberries are grown in every state, but Florida is the nation's second largest producer.



Each strawberry has about 200 tiny seeds, which makes strawberries a great source of fiber!



One cup of strawberries provides 100% of the vitamin C we need each day.

### Availability

November through May

### Selection

Look for bright red strawberries that are firm and plump with fresh green caps. The size doesn't matter – small and large strawberries are equally sweet! Avoid strawberries with soft dark spots and those in juice stained containers.

### Storage

Mold spreads quickly, so remove damaged strawberries from the container as soon as possible. Refrigerate strawberries unwashed and covered; use within 3-4 days. Strawberries can also be frozen for up to 12 months.

### Preparation & Uses

Rinse strawberries and cut off caps and damaged areas before eating. Fresh strawberries are juicy, sweet snacks and tasty additions to shakes, salads, and desserts. They are also flavorful toppings for breakfast cereals, waffles, and pancakes. Cooked strawberries can be made into jams and preserves.

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## Strawberry Nutrient Facts

- ❖ Excellent source of vitamin C
- ❖ Good source of fiber, folate, and riboflavin
- ❖ Low in calories, fat, and sodium
- ❖ Cholesterol free

## What are Organically Grown Foods?

*Organically grown* means that a food was produced without man-made pesticides or fertilizers. Natural pesticides and fertilizers are used instead. Organic and non-organic foods are the same in taste and nutritional value. However, organic foods usually cost more.



## Strawberry Smoothie

Serves 2

- 1 cup strawberries, rinsed and sliced
- ½ cup vanilla low-fat yogurt
- ½ cup low-fat milk
- 2 tablespoons wheat germ
- 3 ice cubes

Blend all ingredients on high until creamy.



## Strawberry Breakfast Salsa

Serves 4

- ⅓ cup apricot jam
- 3 tablespoons water
- 1 teaspoon cinnamon
- 2 pint baskets of strawberries, rinsed and diced

Whisk jam, water, and cinnamon in medium bowl. Add strawberries and toss gently. Serve over hot cereal, pancakes, waffles, french toast, or mix into plain yogurt.

Source: Produce for Better Health Foundation/CA Strawberry Advisory Board



## Fruit Salad

Serves 4

- ¼ cup orange juice
- ¼ cup honey
- 1 tablespoon poppy seeds
- 1 pint basket of strawberries, rinsed and halved
- 3 oranges, rinsed, peeled, and cut into sections
- 1 cup blueberries, rinsed

Whisk juice, honey, and poppy seeds in medium bowl. Add remaining ingredients and toss.

## Strawberries and Cream

Serves 6

- 2 packages vanilla instant pudding mix
- 2 cups fat-free milk
- 2 cups low-fat sour cream
- 1½ teaspoons vanilla extract
- 1 tablespoon honey
- 2 cups strawberries, rinsed and sliced

Blend pudding mix and milk. Add sour cream, vanilla, and honey and blend well. Remove half of pudding mixture and set aside. Blend strawberries with remaining pudding. Layer vanilla and strawberry puddings in tall glasses. Chill for two hours and enjoy!

