

A Bowl of Strawberries Can Go A Long WAY...

Strawberries are one of the healthiest fruits you can eat. They are a great source of Vitamin C. One serving of just eight strawberries will provide 140 % of the US Recommended Daily Allowance of Vitamin C.



In a recent study, strawberries ranked second among the top ten fruits in antioxidant capacity (TAC), which is one reason why they may help prevent cancer and heart disease.



Nutrition Facts

(166 grams)

Serving Size: 1 cup sliced fresh strawberries

Calories 50
Protein 1 gram
Carbohydrates 11.65 grams
Dietary Fiber 3.81 grams
Calcium 23.24 mg
Iron 0.63 mg
Magnesium 16.60 mg
Phosphorus 31.54 mg
Potassium 44.82 mg
Selenium 1.16 mg
Vitamin C 94.12 mg
Folate 29.38 mcg

Storage and Handling:

Warm temperatures cause strawberries to brown. The pigment that makes them red is heat sensitive, and it starts to break down when exposed to heat. Strawberries also lose Vitamin C when they brown, or are cooked.

Store unwashed berries loosely covered with plastic wrap in the coldest part of your refrigerator for 2-3 days at most. Do not wash berries until you are ready to use them. Place berries in a colander and rinse under cold water.

After washing, remove the green cap without removing any of the fruit. Enjoy!



The Berry Best Pick:

Select bright red berries with their caps intact. Smaller berries are usually sweeter and more flavorful. Avoid soft, moldy and/or shriveled berries. The unripe berries will not ripen after being picked. Remember that strawberries will mold quickly at room temperature and can only last a few days in the refrigerator. They taste the best if eaten on the same day they are picked.



The Naming of Strawberries:

The name strawberry came about easily because straw was used freely to mulch the plants during the winter, a practice that discourages weeds and lifts the berries up from the soil. When it came time to harvest the berries, children would pick them and string them on a blade of straw. At the London market the children would sell "Straws of Berries."

Spinach & Strawberry Salad

- 2 bunches spinach, rinsed and torn into bite-size pieces
- 4 cups sliced strawberries
- 1/2 cup vegetable oil
- 1/4 cup white wine vinegar
- 1/2 cup white sugar
- 1/4 teaspoon paprika
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds

In a large bowl, toss together spinach and strawberries. In a separate bowl whisk together oil, vinegar, sugar, paprika, sesame and poppy seeds. Pour over spinach and strawberries, just before serving.

BERRY IOWA:

- According to the 2001 study done by the Leopold Center for Sustainable Agriculture, "Growers receive nearly \$3.5 million in gross income as a result of strawberry production in Iowa."
- Strawberry Point, Iowa is home to the "World's Largest Strawberry" which sits atop city hall, standing 15 feet high and 12 feet wide and weighing in at 1,430 pounds.
- Iowa varieties include Tristar, Eariglow, Jewel, and Honeoye.
- Fifty-four strawberry growers from 37 counties in Iowa have enrolled in the Fruit and Vegetable Growers Directory. Check out our website at: <http://www.iowaagriculture.gov> to view the directory.

Did you know that strawberries are....

- The only fruit with seeds on the outside
- The first fruit to ripen in the spring
- A member of the rose family
- Consumed by 94% of all US households
- A symbol of perfection and righteousness
- A fruit that has on average of 200 seeds
- The favorite fruit of 53% of all 7-9 year olds



- Grown in all 50 of the United States, every province of Canada, and all over parts of Europe.
- Used topically to help whiten teeth, reduce blemishes and help skin look younger.
- One of the world's most popular fruits, and can be found in jams, jellies, ice cream, pies, cakes, shakes, salads, dipped in chocolate, liquors and many other culinary treats.

Easy Strawberry Jam

2 cups of strawberries capped and cut up
1 1/2 cups of sugar
2 teaspoons of pectin

Pour the sugar over the berries and let sit for 10 minutes. Mash well. Stir in Pectin. Microwave high for 4 minutes. Then, microwave medium for 6 minutes. Pour in hot glasses or cups. Cover with plastic wrap and refrigerate. Keeps for 2-3 months in fridge.

CREAMY STRAWBERRY SHORTCAKES

Prep Time: 10 min
Total Time: 10 min
Makes: 2 Servings, one shortcake each

2 Tbsp. Neufchatel Cheese, 1/3
Less Fat than Cream Cheese
(softened)
1 Tbsp. strawberry preserves
2 individual sponge cake shells
3/4 c. sliced strawberries
2 Tbsp. thawed Whipped Topping



COMBINE: Neufchatel cheese and preserves; spoon evenly over cake shells. Top with Strawberries, and then add some whipped topping.

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Fresh Facts



A BERRY GOOD IDEA!

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STRAWBERRIES