

Fresh
FROM THE
FARM



STRAWBERRIES



Selection & Preparation

☐ Choose plump strawberries that feel firm with bright red color and a natural looking shine.

☐ Avoid strawberries that have green or white patches or that feel or look mushy, shriveled or are leaking liquid.

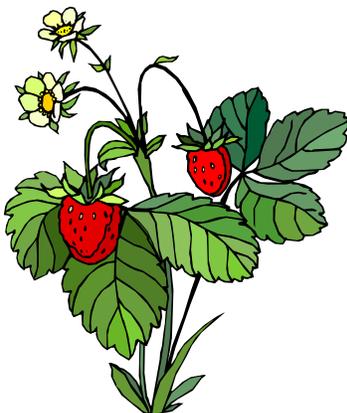
☐ They should be kept refrigerated and used within 2-3 days.

☐ Avoid storing strawberries in plastic bags.

☐ Wash berries well in cold water just before using. Remove stem caps after washing.

☐ Eat plain, sprinkled on your cereal or oatmeal, or mix in with yogurt.

☐ Delicious on pancakes and waffles.



Nutrition Facts

Serving Size ½ cup sliced strawberries

Amount Per Serving

Calories 45

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0g 0%

Sodium 0 mg 0%

Total Carbohydrate 6 g 2%

Dietary Fiber 2 g 8%

Sugars 4 g

Protein 1 g

Vitamin A 2% Vitamin C 80%

Calcium 2% Iron 2%

Folate 4% Potassium 138 mcg

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Key Nutrients

Vitamin C - supports healthy gums, skin and blood.

Fiber - to prevent constipation, control blood sugar and fiber may lower blood cholesterol.

Phytonutrients - are what gives strawberries their red color. These compounds help maintain memory, a healthy heart and may lower the risk for some cancers.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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Strawberry Spinach Salad

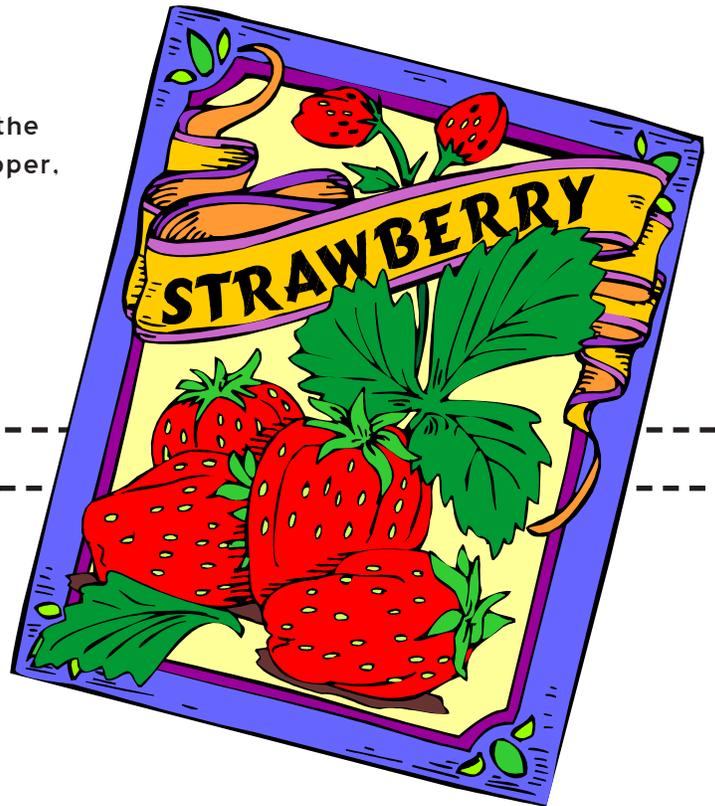
- 1 pound fresh green beans
- 3 cups spinach leaves
- 3 cups assorted salad greens (such as Romaine lettuce) torn in bite size pieces
- 1 cup sliced strawberries
- 1 medium red onion, thinly sliced

Dressing:

- ¼ cup orange juice
- 2 tablespoons honey
- 1 teaspoon Dijon-style mustard
- ½ teaspoon poppy seeds
- Salt & pepper to taste
- 2 tablespoons canola oil

Toss together the spinach leaves, salad greens, strawberries, and onion in a large bowl. Mix together the orange juice, honey, mustard, poppy seeds, salt & pepper, and oil in a small bowl until well blended. Toss the dressing with the salad.

Spinach is a good source of folate an important vitamin for preventing birth defects and chronic diseases.



Strawberry Rhubarb Crisp

- 2 cups rhubarb, sliced
- 1 cup strawberries, sliced
- 1/3 cup sugar
- 1 tablespoon flour

Topping:

- 1/3 cup quick cooking oatmeal
- 1/8 cup flour
- 1/8 cup packed brown sugar
- 1/4 teaspoon cinnamon
- 1-2 tablespoons butter or margarine

Combine sliced fruit, sugar and flour. Place in a greased baking pan (or microwave dish). Combine topping, mix until crumbly. Sprinkle mixture over fruit.

OVEN: Bake at 350 degrees for 30-40 minutes.

MICROWAVE: Make sure to use a microwave safe dish. Combine fruit and sugar as above, place filling in a dish. Cover and cook 5 minutes, stirring at least once. Follow instructions for topping, cook uncovered for 2 to 3 minutes.