



Give Your Family More of the Good Stuff!



Strawberry Basics

Shop and Save

* Choose shiny, firm strawberries with a bright red color. Berries at room temperature should smell like strawberries. Attached green caps help berries stay fresh longer.

* Choose local berries when possible. They may be riper and more flavorful. Peak season is May, June and July. Smaller amounts are also available through September.

* Avoid dull, shriveled, mushy or moldy berries.

* Size of the berry doesn't matter. Small berries can have great flavor.

* Frozen berries may be a good choice for best flavor when strawberries are not in season. Look for those with no sugar added.

Strawberries are an excellent source of vitamin C that helps our bodies heal.



Store Well Waste Less



- For best flavor and texture, plan to eat or freeze strawberries very soon after picking.
- To store for 1 to 3 days, refrigerate without washing or removing the green cap. Keeping the berries dry helps delay spoilage.
- Wash strawberries under cool running water just before serving. Drain. Remove caps by twisting or cutting them off.
- For longer storage, freeze cleaned, whole berries on a baking sheet. When firm, transfer to a freezer bag or container. Label and date. Use within a year for best quality.

Strawberry Math

1 pound = 4 cups whole = 3 cups sliced = 1 3/4 cup mashed

