



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



Cooking with Strawberries

Go to
FoodHero.org
for the
Yogurt Fruit Dip
recipe

Frozen Strawberry Yogurt

Ingredients:

- 4 cups **frozen strawberries** (unsweetened)
- 1 cup nonfat **plain yogurt**
- 3 Tablespoons **sugar**

Directions:

1. Combine frozen strawberries, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
2. Serve immediately or freeze in an air-tight container or frozen treat molds for up to 1 month. Frozen leftovers will be very firm. Scrape into serving bowls with a spoon.

Makes 4 cups

Prep time: 5 to 10 minutes

Strawberry Salsa

Ingredients:

- 1 ½ cups fresh **strawberries**, chopped small (about ½ pound)
- ½ **jalapeno pepper**, minced
- ¼ cup **onion**, minced
- 2 Tablespoons **cilantro**, finely chopped
- 1 ½ teaspoons **lime juice**

Directions:

1. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
2. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 20 minutes

Note: See directions for **Baked Cinnamon Chips** on **FoodHero.org**

Banana Berry Smoothie



Ingredients:

- 1 cup sliced **banana** (1 medium banana)
- 1 cup frozen **strawberries** (unsweetened)
- 1 cup nonfat or low-fat (1%) **milk**
- 1 cup **orange juice**

Directions:

1. Place all ingredients in a blender.
2. Blend until smooth. If too thick, add a small amount of cold water and blend again.
3. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 5 to 10 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ wash strawberries under cool running water and pull off the green caps.
- ✿ cut strawberries into slices, chunks, or even fun shapes. Ripe strawberries cut easily.
- ✿ fill a blender only about half full and be sure the lid is on tightly.