

Strawberries





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SHOPPER'S TIPS

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Avoid bruised, moldy, or soft berries with green or white tips. Staining at the bottom of the container may be a sign of overripe or rotting fruit.

FUN FACTS!

- Native Americans used to pound strawberries into their cornmeal bread. European colonists made their own version, which is known today as strawberry shortcake.
- On average, there are about 200 seeds on each strawberry.

WHAT IS IN IT FOR YOU?

One cup of strawberry halves is:

- An excellent source of vitamin C.
- A source of fiber.

SERVING IDEAS

- Add sliced strawberries to your spinach salad for a sweet side dish.
- Top your cereal with sliced strawberries for a healthy start to your day.

PEAK SEASON

California grown varieties, available in late spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store strawberries in the refrigerator for up to three days. Do not wash them until you are ready to eat them.