

Strawberries

History

In the early 18th century, French explorers discovered a plump, red berry cultivated by the Indians of Chile in South America. They took several plants home with them. In 1714, the Chilean berry was crossed with a wild meadow strawberry discovered in colonial Virginia. The result was a luscious strawberry similar to what we now eat.

Storage Tips

- Always remove bruised, rotted or molded berries before storing.
- Refrigerate strawberries immediately after purchase.
- Never rinse the berries or remove the caps before storing. Removing the cap early can reduce flavor, texture and nutrient quality.
- Strawberries can only be stored for a couple of days in the refrigerator. If held longer, a grey mold may develop.
- For optimal refrigeration, place berries no more than two berries deep in a shallow container or tray covered with waxed paper or plastic wrap.

Ideas With Strawberries

- Dip whole, rinsed strawberries into melted semisweet chocolate, then place on waxed paper and chill until chocolate hardens.
- Add crushed strawberries to fresh lemonade or limeade.
- Make a refreshing strawberry cooler by combining equal amounts of sliced strawberries, low-fat or fat-free yogurt and milk in a blender. Sweeten with honey to taste.

Purchasing Tips

- Arkansas strawberries are available from late April through the month of May.
- Select fully ripe strawberries with a natural shine, rich red color and bright green caps.
- White or pale pink berries do not become sweeter after they are picked and should not be purchased.
- Strawberries with bruises or without caps do not store well and should not be purchased.
- Twelve very large berries or 36 small berries equals a pint. One pint yields about 3 1/4 cups whole, 2 1/4 cups sliced or 1 2/3 cups pureed berries.
- Medium-size berries are more flavorful than large berries.

- For a quick breakfast, top toasted frozen pancakes or waffles with sliced strawberries and your favorite syrup.
- Stir finely chopped strawberries into softened low-fat or fat-free cream cheese and spread on bagels or toast.

1 cup sliced strawberries, unsweetened

Calories: 45

% calories from:

Fat: 11%

Carbohydrate: 82%

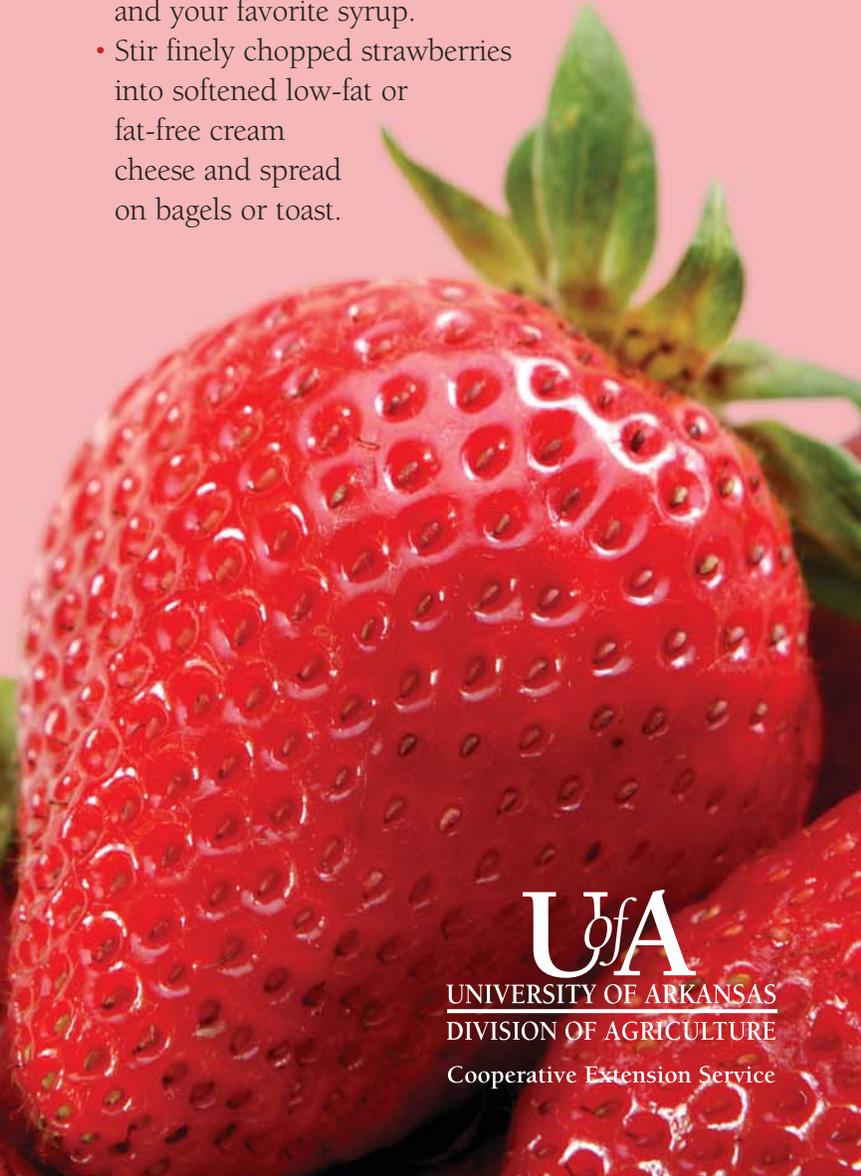
Dietary Fiber: 1.3-3.0 g

Sodium: 2 mg

Potassium: 246 mg

Vitamin C: 140% RDI*

*Reference Daily Intake



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One cup of unsweetened strawberries contains 140% of your reference daily intake of vitamin C.

Recipes

Fresh Strawberry Sauce

1 pint fresh strawberries, wash and remove caps
1/3 cup sugar
1 teaspoon fresh lemon or lime juice
1/4 teaspoon vanilla extract

In a food processor, combine strawberries, sugar, lemon or lime juice and vanilla. Puree, then chill. Serve over custard, ice cream or pound cake.

Serving Size = 2 tablespoons

Calories: 31	Fiber: 0.5 g
Carbohydrate: 8 g	Cholesterol: 0 mg
Protein: 0 g	Sodium: 0.5 mg
Fat: 0 g	

Tropical Smoothie

4 cups orange juice
1 cup fresh strawberries
2 large bananas
6 ice cubes
Whole strawberries

Combine half of first 4 ingredients in container of electric blender; process until frothy. Pour into stemmed glasses, and garnish each with a whole strawberry. Repeat procedure with remaining ingredients. Yield: about 8 cups.

Serving Size = 1 cup
Calories: 95
Carbohydrate: 23 g
Protein: 1 g

Fat: 0 g
Fiber: 1.5 g
Cholesterol: 0 mg
Sodium: 2 mg

Skinny Strawberry Sandwich

8 ounces Neufchatel cheese or low-fat cream cheese, softened
1 tablespoon honey
1 teaspoon grated lemon zest
4 English muffins, split and toasted
2 cups (about 10 ounces) sliced stemmed strawberries

In food processor, process cheese, honey and zest until well mixed, or mix in bowl with a wooden spoon. Spread 1 tablespoon cheese mixture on cut side of 1 muffin half; top with 1/4 cup strawberries. Repeat with remaining ingredients to make 8 open-faced sandwiches. Makes 4 servings. Tip: Make cheese mixture ahead and store in refrigerator.

Calories: 215	Fiber: 4 g
Carbohydrate: 37 g	Cholesterol: 11 mg
Protein: 7 g	Sodium: 277 mg
Fat: 5 g	

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Enjoy Arkansas' Fresh Strawberries