

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

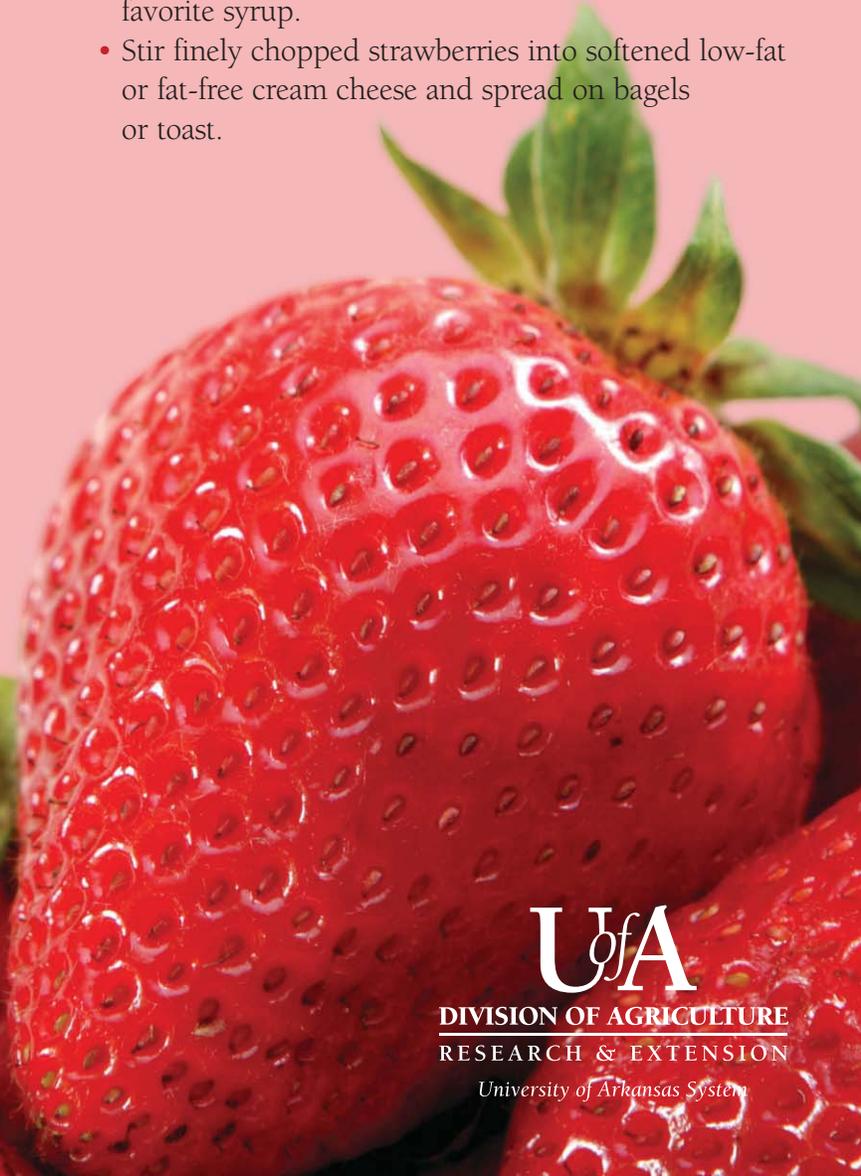
- Arkansas strawberries are available from late April through the month of May.
- Select fully ripe strawberries with a natural shine, rich red color and bright green caps.
- White or pale pink berries do not become sweeter after they are picked and should not be purchased.
- Strawberries with bruises 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 3¼ cups whole, 2¼ cups sliced or 1⅔ 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	Dietary Fiber: 1.3-3.0 g
% calories from:	Sodium: 2 mg
Fat: 11%	Potassium: 246 mg
Carbohydrate: 82%	Vitamin C: 140% RDI*

*Reference Daily Intake



U of A

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System

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

Carbohydrate: 8 g

Protein: 0 g

Fat: 0 g

Fiber: 0.5 g

Cholesterol: 0 mg

Sodium: 0.5 mg

Tropical Smoothie

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

Combine half of first four 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

Carbohydrate: 37 g

Protein: 7 g

Fat: 5 g

Fiber: 4 g

Cholesterol: 11 mg

Sodium: 277 mg

FCS507

Printed by University of Arkansas Cooperative Extension Service Printing Services.
United States Department of Agriculture, University of Arkansas, and County Governments Cooperating
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, political beliefs, marital or veteran's status or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

Enjoy Arkansas' Fresh Strawberries