Arkansas Fresh

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 blending equal amounts of sliced strawberries, plain Greek yogurt or silken tofu, and 1% milk. Sweeten with a bit of honey to taste.

1 cup sliced strawberries, unsweetened

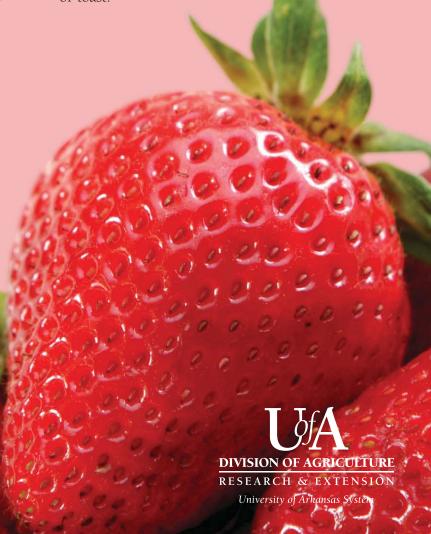
Calories: 45 Dietary Fiber: 1.3-3.0 g

% calories from: Fat: 11% Carbohydrate: 82% Sodium: 2 mg
Potassium: 246 mg
Vitamin C: 140% RDI*

*Reference Daily Intake

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 1⅓ 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.
- Stir finely chopped strawberries into softened low-fat or fat-free cream cheese and spread on bagels or toast.



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

2 cups orange juice 1 1/4 cup fresh strawberries 2 large bannanas 1/2 cup low-fat, plain Greek yogurt 6 ice cubes

Combine half of each ingredient in blender; process until frothy. Pour into stemmed glasses and garnish with a whole strawberry. Repeat procedure with remaining ingredients. Yield: about 5 servings.

Fiber: 2g

Cholesterol: 5mg

Sodium: 10mg

Calories: 120

Carbohydrate: 27g

Protein: 3g Fat: 0.5 g

Skinny Strawberry Sandwich

8 ounces low-fat cream cheese, softened l tablespoon honey

l 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 $\frac{1}{4}$ cup strawberries. Repeat with remaining ingredients to make 8 openfaced sandwiches. Makes 4 servings. Tip: Make cheese mixture ahead and store in refrigerator.

Calories: 230 Carbohydrate: 40 g Protein: 7 g Fat: 5 g

Fiber: 4 g Cholesterol: 11 mg Sodium: 277 mg

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