

# 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.

## 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.
- 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



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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

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.

Calories: 120

Fiber: 2g

Carbohydrate: 27g

Cholesterol: 5mg

Protein: 3g

Sodium: 10mg

Fat: 0.5 g

## Skinny Strawberry Sandwich

8 ounces 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: 230

Fiber: 4 g

Carbohydrate: 40 g

Cholesterol: 11 mg

Protein: 7 g

Sodium: 277 mg

Fat: 5 g

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**Enjoy Arkansas' Fresh Strawberries**