



Strawberries



Selecting Fresh Strawberries:

- Look for clean, firm, tender and plump berries with uniformly bright colored flesh and a natural shine. Strawberries should have fresh caps that are green and intact.
- Look for berries that have been protected in covered containers.
- Avoid those with blotches of color or that are wet, mushy, shriveled, leaky or moldy.

Measuring Fresh Strawberries

1½ pounds = 2 pints or 1 quart

1 small basket = 1 pint = 3¼ cups whole = 2 1/4 cups sliced = 1²/₃ cup pureed

1 cup sliced = 5 ounces by weight = 150 grams

Handling, Ripening and Storing:

- Berries do not ripen further after harvest.
- Cover and refrigerate unwashed berries, preferably at 32°F.
- **To freeze berries** rinse and drain, spread a single layer on shallow trays, and when frozen, package them promptly into containers.

Preparation and Serving:

- Just before use, rinse berries under cold running water and cut off bruises and decay.
- Remove green leaves and small stem before eating.
- Berries are delicious fresh, either whole or sliced. Enjoy with foods you like such as cheese, yogurt, salads, pancakes, desserts and cereal.

Nutrition Facts: One serving = ½ cup sliced fresh strawberries: Calories 25, Protein 1 gram, Carbohydrates 6 grams, Fat 0 grams, Fiber 1.5 grams. All kinds of berries are excellent sources of Vitamin C. A good source of dietary fiber and manganese, berries contain many healthful pigments and phytochemicals.

References: ESHA Food Processor, www.urbanext.uiuc.edu, www.aboutproduce.com, www.oznet.ksu.edu/library/FNTR2/MF1178.PDF

Spinach Salad with Strawberries \$\$

Serves 6-8

Ingredients:

DRESSING:

1/4 cup light mayonnaise
1 tablespoon prepared Dijon mustard
1 tablespoon honey
1/2 tablespoon lemon juice

SALAD:

2 bunches fresh spinach leaves, washed, dried, and chilled
1 cup thickly-sliced fresh strawberries
1 tablespoon sliced almonds, toasted
1 tablespoon sesame seeds, toasted (optional)
1 small red onion, thinly-sliced (optional)

Preparation:

Prepare Honey Mustard Dressing first. In a small bowl, whisk together the mayonnaise, mustard, honey, and lemon juice. Cover and set aside in the refrigerator.

Remove stems from spinach and tear into bite-sized pieces; place into a large salad bowl.

Toss spinach with 1/4 cup of Honey Mustard Dressing for every 6 cups of spinach greens; toss gently. Add strawberries, sliced almonds, sesame seeds, and onion; toss again, serve and enjoy!

Nutritional information per serving: 80 calories, 4g fat, 0.5g saturated fat, 5mg cholesterol, 180mg sodium, 10g carbohydrate, 3g dietary fiber, 4g sugars, 4g protein.



Approximate Pricing Scale

\$ = \$10-\$15 \$\$ = \$15-\$20 \$\$\$ = \$20-\$25