



Produce Spotlight on **STRAWBERRIES**



Strawberries are the first locally grown fruit to ripen in June. They are available throughout the month from more than 50 farms in Massachusetts. Strawberries provide vitamin C, fiber, and antioxidants. Vitamin C helps our bodies fight infection and heal wounds.

Strawberry Math

1 pound of whole strawberries =

4 cups of whole berries (1 quart)



3 cups of sliced berries



1¾ cups of mashed berries



Shopping for Strawberries

- Look for firm strawberries with a natural shine, rich red color, and sweet smell. The leafy green caps should be attached and look fresh.
- Avoid dull, shriveled, mushy, or moldy berries.
- The berry size does not matter. Small berries have great flavor.

Storage and Preparation

- Refrigerate unwashed strawberries in a perforated container. For the best flavor and texture, plan to eat or freeze strawberries within three days.
- Before eating, gently wash with cool running water and drain. Remove the leafy caps by twisting or cutting them off.
- For longer storage, freeze cleaned, whole berries on a baking sheet. When firm, transfer the berries to a freezer bag or container. Label and date. For the best quality, use the berries within a year.
- Strawberries can be made into a jam or jelly and preserved by canning for year-long enjoyment.

Cooking with Strawberries

- Make a smoothie for a delicious breakfast or snack. Put strawberries, low-fat yogurt, and a handful of ice into your blender and whip it up.
- Create a salad with sliced strawberries, baby spinach, and shallots and dress with a vinaigrette dressing.
- Add strawberries to cooked oatmeal, breakfast cereal, or a fruit salad.
- Try making a strawberry and rhubarb pie.

Using Locally Grown Produce

Visit the UMass Extension Nutrition Education Program's [website](#) featuring recipes using fruits and vegetables. To locate places to buy local produce, visit www.mass.gov/massgrown.



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Eat berries on salads and cereal, add to smoothies, or cook into a pie or jam.

Look for firm strawberries with a natural shine, rich red color, and sweet smell.

Gently wash berries in cool running water before eating.



One cup provides 3 grams of fiber, or 12% of what you should eat each day!

Strawberries provide vitamin C, fiber, and antioxidants. Vitamin C helps our bodies fight infection and heal wounds.

Refrigerate unwashed strawberries in a perforated container.

Recipes

For recipes using locally grown fruits and vegetables, visit our website, <https://extension.umass.edu/nutrition/recipes/all-recipes>.

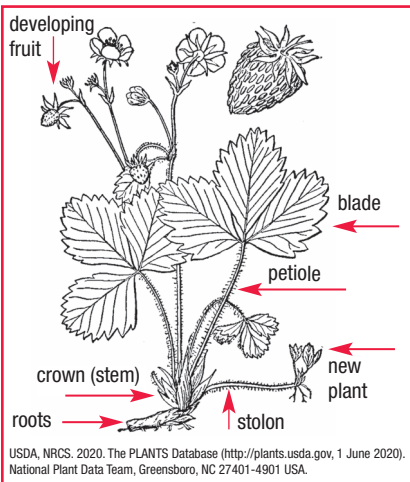
Trivia

How do strawberry seeds get distributed everywhere?

Answer: By birds



Let's Talk About Strawberries



How Do Strawberries Grow?

- The plants like sandy soil, plenty of water, warm days, and cool nights.
- Strawberry plants have white or pink flowers.
- The flowers are pollinated by bees and insects. After pollination, it takes 30 days for fruit to appear.
- The strawberry plant is classified as a perennial. Once planted, it will come back year after year.
- Strawberry plants spread by growing a sprawling shoot, called a stolon. The stolon will take root, and a new plant will start to grow.
- The strawberry derives its name from the Anglo-Saxon word meaning "spreading berry."

Strawberries Are Good for Your Body

Eating ½ cup of strawberries will give you lots of vitamin C. Vitamin C helps your body heal cuts and wounds. It can also help your body fight infection. You can enjoy strawberries fresh, frozen, and even dried—with any meal or snack!



Strawberry Yogurt Swirl

Serves 3 - Fruits and Vegetables: ⅓ cup per serving

- | | |
|--------------------------------------|--|
| ½ cup fresh strawberries, sliced | 4. Uncover and add yogurt. |
| ¼ cup 100% orange juice | 5. Blend or stir until smooth and pour into three glasses. |
| ½ cup frozen vanilla yogurt, low-fat | |
| ½ cup plain yogurt, low-fat | |

TIP

If using a blender, the consistency will be thick and smooth—use a wide straw. If using the jar method, the drink will be chunky—enjoy eating with a spoon.

1. Wash and slice fresh strawberries.
2. Put strawberries and orange juice in a blender* or 16-oz cup or jar with tight-fitting lid.
3. Cover with lid and blend or shake briskly for about 30 seconds.

*** ADULT SUPERVISION REQUIRED TO OPERATE A BLENDER.**

Nutrition Facts: Serving size: ½ cup; Calories: 100; Carbohydrates: 17 g; Fiber: 1 g; Fat: 1.5 g; Saturated Fat: 0.5 g; Sodium: 45 mg



Let's Taste Strawberries

Compare large and small strawberries.

- Do they taste or smell different?
- Which size was sweeter? Why might that be?
- Do you see the seeds?
- How does it feel? Is it smooth or bumpy? Cold or hot? Dry or wet? Sticky or gooey?

Think about other RED Fruits and Vegetables.

Write down your answers or play a game with a friend. Take 1 to 5 minutes and see who can name the most red fruits and veggies!

Trivia answers:
200, Rose, True, 100 times

Strawberry Word Search

Circle the hidden words in the puzzle. Words are hidden → and ↓

G	R	O	W	S	E	E	D	S	B	W	P
M	I	G	W	J	U	I	C	Y	C	Q	L
T	J	P	E	R	E	N	N	I	A	L	A
W	A	T	E	R	S	W	E	E	T	H	N
V	I	T	A	M	I	N	S	T	T	N	T
Q	S	P	R	I	N	G	V	X	N	C	D
S	T	R	A	W	B	E	R	R	Y	L	J
T	R	E	D	S	U	M	M	E	R	Y	U

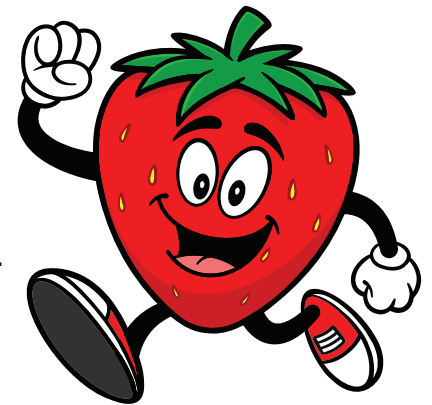
- GROW
- JUICY
- PERENNIAL
- PLANT
- RED
- WATER
- STRAWBERRY
- SEEDS
- SWEET
- VITAMINS
- SPRING
- SUMMER

Created through Word Search Generator www.superteacherworksheets.com

Get Moving with a Strawberry Stretch

This exercise provides a great stretch for your back, arms, and shoulders.

1. Stand with your feet together and raise your right arm straight overhead. Inhale as you reach upward.
2. Breathe out as you bend your upper body to the left and hold for 3 to 5 slow breaths.
3. Slowly return to the center and repeat on your other side.



Strawberry Trivia Quiz

1. The average strawberry has ___ (how many) seeds?
A. 50 B. 100 C. 200 D. 350
2. Strawberries belong to what flower family?
A. Sunflower B. Daisy C. Dandelion D. Rose
3. True or False: Strawberries may be white, blue/purple, yellow/golden, or red/pink.
4. If all the strawberries grown in California this year were laid out end to end, how many times would they wrap around the world?
A. 1 B. 15 C. 50 D. 100