



# 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](http://www.mass.gov/massgrown) featuring recipes using fruits and vegetables. To locate places to buy local produce, visit [www.mass.gov/massgrown](http://www.mass.gov/massgrown).

