

## All About Strawberries

### Seasonal Crop Growth



Adapted from Washington State Harvest Calendar  
([www.pickyourown.org/WAharvestcalendar.htm](http://www.pickyourown.org/WAharvestcalendar.htm))

### Nutrient Power Pack

Strawberries contain key nutrients that benefit your health.  
½ cup provides the following Daily Value (%DV).

**Vitamin A** ▶

Less than 2%

More than 20%

◀ **Vitamin C**

**Folate** ▶

2–9%

2–9%

◀ **Potassium**

**Calcium** ▶

Less than 2%

2–9%

◀ **Iron**

**Fiber** ▶

2–9%

2–9%

◀ **Vitamin K**

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

Distributed by

More brochures to help you add fruits  
and vegetables to your diet are  
available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



## SNAP-Ed

WASHINGTON STATE UNIVERSITY  
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition  
Program *Fresh from the Farm* series (2004) by Washington  
State University's SNAP-Ed Nutrition Education Program.  
Design by Andrew Mack.

### Did You Know?

\* Eating strawberries provides **nutrients**  
and **antioxidants** that may improve heart  
health, lower blood sugar levels and help  
prevent cancer.

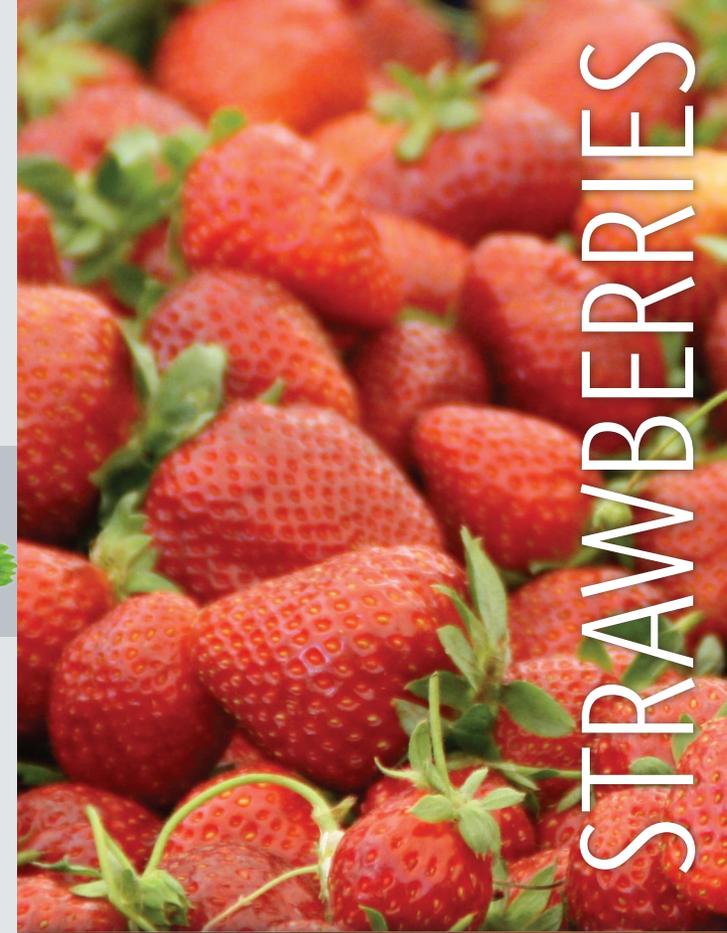
\* Strawberries are an excellent source of  
**vitamin C**, which helps maintain a healthy  
immune system and reduces inflammation.

USDA is an equal opportunity provider and employer. This  
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Assistance Program (SNAP). SNAP provides nutrition assistance  
to people with low income. It can help you buy nutritious foods  
for a better diet. To find out more, visit <http://foodhelp.wa.gov>  
or contact the Basic Food Program at 1-877-501-2233.

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STRAWBERRIES



## Selecting and Preparing Strawberries

- ☞ Choose plump, firm berries that are bright red in color and have a natural-looking shine (not dull or waxy).
- ☞ Avoid strawberries that have green or white patches, are shriveled, mushy or are leaking liquid.
- ☞ Keep strawberries in the refrigerator and use within 2 to 3 days. Do not store in plastic bags.
- ☞ Wash berries well in cold water and remove stem caps just before using.
- ☞ Eat berries plain, sprinkled on cereal or oatmeal or mix into yogurt.
- ☞ Enjoy fresh sliced berries instead of syrup on pancakes or waffles or in place of jam on toast.



## Fruit Parfait

Makes 2 servings

- ½ cup sliced strawberries
- ½ cup chopped apples\*
- 1 banana, sliced\*
- ½ cup low-fat vanilla yogurt
- ½ cup low-fat granola or nugget-type cereal

- 1 Layer the ingredients in a bowl, starting with 2 layers of fruit, then yogurt, then cereal.
- 2 Repeat Step 1, layering ingredients until you have placed all of the fruit and yogurt.
- 3 Top with a final layer of cereal.
- 4 Serve chilled.

*\*Try using different fruits for a variety of delicious flavors!*

## Strawberry Rhubarb Crisp

Makes 4 servings

### FILLING

- 2 cups sliced strawberries
- 2 cups sliced rhubarb
- ⅓ cup sugar
- 1 tablespoon flour

### TOPPING

- ⅓ cup oats
- ⅛ cup flour
- ⅛ cup brown sugar
- ¼ teaspoon cinnamon
- 1 to 2 tablespoons butter or margarine

- 1 Pre-heat oven to 350°F.
- 2 In a bowl, combine strawberries, rhubarb, sugar and flour. Place in a greased 8 × 8-inch baking pan.
- 3 Combine topping ingredients, mixing until crumbly. Sprinkle mixture over fruit.
- 4 Bake for 30 to 40 minutes.

**MICROWAVE:** Combine fruit, sugar and flour as above. Place filling in a 2 quart microwave-safe dish. Cover and cook 5 minutes, stirring at least once. Follow Step 3 for topping. Cook uncovered another 2 to 3 minutes.

## Strawberry Spinach Salad

Makes 6 servings

- 1 bunch of washed spinach, 1 bag (9-ounce) baby spinach or 1 head of leaf lettuce
- ½ cup crumbled feta cheese
- 10 to 12 medium strawberries, sliced

### DRESSING

- 3 tablespoons oil
- 1 tablespoon vinegar
- 2 teaspoons strawberry jam
- Pinch of salt and black pepper, to taste

- 1 In a large bowl combine spinach, feta cheese, and strawberries.
- 2 Place dressing ingredients in a jar with tight-fitting lid. Shake well to combine. Pour over salad.