



# Kitchen Tips for Strawberries

MO Grown Produce

<b>In Season in Missouri:</b>	May - June
<b>Quality:</b>	Choose firm, brightly colored berries with the stem attached. Avoid soft or dark colored berries as they are bruised or overripe. The overripe berries are often in the bottom of container, so look carefully when purchasing.
<b>Storage:</b>	Store in the refrigerator and use within 2-3 days.
<b>Food Safety:</b>	Rinse berries just before use.
<b>Yield:</b>	For 50, ¼ cup servings, you need 5 pounds of fresh, whole strawberries.
<b>Preparation Tips:</b>	Rinse berries and remove stem.
<b>Kid-Friendly Serving Ideas:</b>	<ul style="list-style-type: none"><li>• Top pancakes or shortcakes with fresh strawberries.</li><li>• Make a strawberry smoothie with vanilla yogurt.</li><li>• Make “strawberry salsa” with other fruits for a sweet treat.</li><li>• Spread cream cheese or yogurt on a graham cracker and top with sliced strawberries and other fruits for a healthy “fruit pizza.”</li></ul>
<b>Nutrition:</b>	Strawberries are a sweet treat that provide vitamin C, potassium and fiber. Eight strawberries contain more vitamin C than a medium sized orange.

## Fun Fact # 1:

Native Americans mixed crushed strawberries in their cornbread.

Colonists later developed their own version and called it strawberry shortcake.

## Fun Fact #2:

Strawberries are the only fruit with seeds on the outside of their skin. There are about 200 seeds on each berry!

