

*Fresh*  
FROM THE  
FARM



## STRAWBERRIES



### Selection & Preparation

- ☐ Choose plump strawberries that feel firm with bright red color and a natural looking shine.
- ☐ Avoid strawberries that have green or white patches or that feel or look mushy, shriveled or are leaking liquid.
- ☐ They should be kept refrigerated and used within 2-3 days.
- ☐ Avoid storing strawberries in plastic bags.
- ☐ Wash berries well in cold water just before using. Remove stem caps after washing.
- ☐ Eat plain, sprinkled on your cereal or oatmeal, or mix in with yogurt.
- ☐ Delicious on pancakes and waffles.



### Nutrition Facts

Serving Size ½ cup sliced strawberries

Amount Per Serving

Calories 45

% Daily Value\*

**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

**Cholesterol 0g** 0%

**Sodium 0 mg** 0%

**Total Carbohydrate 6 g** 2%

Dietary Fiber 2 g 8%

Sugars 4 g

**Protein 1 g**

Vitamin A 2% Vitamin C 80%

Calcium 2% Iron 2%

Folate 4% Potassium 138 mcg

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Key Nutrients

**Vitamin C** - supports healthy gums, skin and blood.

**Fiber** - to prevent constipation, control blood sugar and fiber may lower blood cholesterol.

**Phytonutrients** - are what gives strawberries their red color. These compounds help maintain memory, a healthy heart and may lower the risk for some cancers.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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## Strawberry Spinach Salad

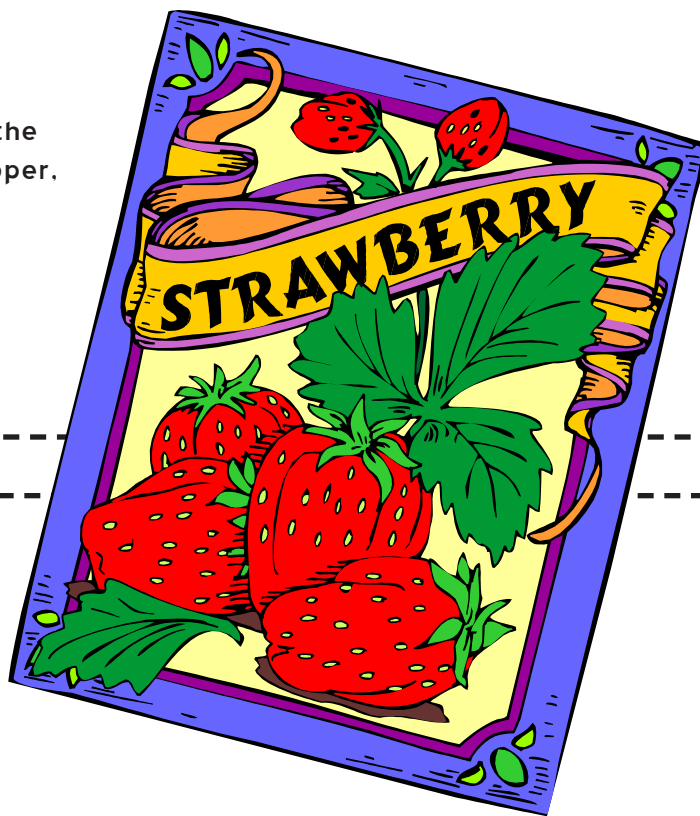
1 pound fresh green beans  
3 cups spinach leaves  
3 cups assorted salad greens (such as Romaine lettuce) torn in bite size pieces  
1 cup sliced strawberries  
1 medium red onion, thinly sliced

### Dressing:

¼ cup orange juice  
2 tablespoons honey  
1 teaspoon Dijon-style mustard  
½ teaspoon poppy seeds  
Salt & pepper to taste  
2 tablespoons canola oil

Toss together the spinach leaves, salad greens, strawberries, and onion in a large bowl. Mix together the orange juice, honey, mustard, poppy seeds, salt & pepper, and oil in a small bowl until well blended. Toss the dressing with the salad.

Spinach is a good source of folate an important vitamin for preventing birth defects and chronic diseases.



## Strawberry Rhubarb Crisp

2 cups rhubarb, sliced  
1 cup strawberries, sliced  
1/3 cup sugar  
1 tablespoon flour

### Topping:

1/3 cup quick cooking oatmeal  
1/8 cup flour  
1/8 cup packed brown sugar  
1/4 teaspoon cinnamon  
1-2 tablespoons butter or margarine

Combine sliced fruit, sugar and flour. Place in a greased baking pan (or microwave dish). Combine topping, mix until crumbly. Sprinkle mixture over fruit.

**OVEN:** Bake at 350 degrees for 30-40 minutes.

**MICROWAVE:** Make sure to use a microwave safe dish. Combine fruit and sugar as above, place filling in a dish. Cover and cook 5 minutes, stirring at least once. Follow instructions for topping, cook uncovered for 2 to 3 minutes.