



STRAWBERRY



Strawberries are a fruit grown on flowering plants in the rose family. They are available fresh during spring and summer.

NUTRITIONAL INFORMATION

- Strawberries are high in Vitamin C.
- Strawberries are rich in antioxidants known as polyphenols, which help reduce the risk of chronic diseases.
- Strawberries are a fiber-rich source.

HOW TO STORE

- Wash strawberries in a water bath made with 1 cup white vinegar and 3 cups water.
- Dry the strawberries with a salad spinner or with paper towels
- Transfer strawberries to a paper towel-lined container, loosely place the lid on
- Place the strawberries in the fridge.

HOW TO PREPARE

- Sprinkle over salads
- Add to smoothies
- use as a topping for oatmeal or whole-grain pancakes
- Enjoy Raw!

FUN FACTS

- On average, there are about 200 seeds on a strawberry.
- Strawberries were first commercially grown in America in the 1800s
- According to the USDA Americans eat an average of 3.4lbs of fresh strawberries every year.



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