

# Buying Strawberries

## *A delicious and nutritious fruit treat.*

**F**resh strawberries have a short season. Because strawberries don't ripen after picking, you must select bright red berries to insure ripe, freshly picked fruit with high food value.

### **Rich in vitamin C...**

Strawberries are rich in vitamin C, a nutrient we need daily because our bodies don't store it. The fruit is especially attractive to dieters because a cup of strawberries has only 55 calories.

Flavor depends on variety and ripeness, not size. Large berries may be preferred for serving whole or to top a dessert. Smaller berries are fine for jams, jellies, preserves or for slicing.

### **Buy clean berries.**

Containers with red stains may indicate overripe berries that are crushed. If the caps



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are missing, berries may be overripe and mushy.

Strawberries require gentle handling. Try to purchase them last when you're shopping and take them right home. Plan to use strawberries within two or three days.

After you get the strawberries home, sort and discard damaged and decayed berries. Spread remaining berries on a flat dish or pan, cover them with wax paper and refrigerate.

Shortly before serving, wash berries gently and quickly in cold water. Remove caps when berries are clean and dry.

Serve strawberries plain or add them to cereal. Colorful, tasty strawberries are good for salad plates or in fruit salads, cakes, pies, pastries, hot breads, and preserves.

*For more information on buying strawberries; contact your local county Extension office.*