

# Strawberries



## Selecting

Look for bright red berries with a fresh green cap (commonly referred to as the “hull”). The berries should be firm. Once picked, strawberries do not ripen.

## Storing

When you get the strawberries home, remove them from the basket and remove any spoiled berries. Do not wash or hull the berries until you are ready to eat them. Berries are best stored in a single layer on paper towel, uncovered. Berries should be consumed quickly since they only last for about 3 days.

When strawberries are in season, consider buying in large quantity and freezing them. To freeze, wash and dry strawberries by patting them gently with paper towel. Place them in a single layer on a cookie sheet and freeze until solid (about an hour). Place them in a freezer bag, remove as much air as you can from the bag and store in the freezer for up to a year.

## Preparing

Wash strawberries gently under running water at gentle pressure. Keep the hulls attached until after the strawberries are cleaned. Dry the

strawberries immediately by patting them gently with paper towels.

If you are serving the strawberries whole, you can leave the hulls on. If you are slicing or quartering strawberries, remove the hulls first and then slice or quarter.

## Eating

Local strawberries are delicious. But the growing season is short, so take advantage when they are available. Strawberries are sweet and can be served raw for dessert or used in a salad. They can be also added to pancakes, muffins or crepes, or used to dip.

## Seasonality

Local strawberries are available from June to September, though timing will vary across the country.

## Nutrition

Seven strawberries contain 27 calories. Strawberries are very high in Vitamin C, and are a source of fibre and folate.



**Here is a recipe for Strawberry mini muffins using fresh strawberries.**

[www.halfyourplate.ca/recipe/strawberry-mini-muffins/](http://www.halfyourplate.ca/recipe/strawberry-mini-muffins/)

