



Strawberries

Like other berries, a wonderfully ripe strawberry just bursts with juice and flavor. You can find strawberries year-round in stores, but the best quality and lowest prices will be in late spring and summer months when the berries are in-season.



Nutrition

- A 1-cup serving of sliced fresh strawberries contains around 50 calories, 13g carbohydrates, and 3g fiber, and is a good source of vitamins and minerals, like vitamin C, folate, and potassium.
- Like many fresh fruits, strawberries contain no significant amounts of fat, protein, or sodium.



Shopping

- Strawberries will not ripen after picking. Choose fresh strawberries that are a deep red color and are firm without bruising or mold.
- If choosing processed strawberries, such as frozen or pre-sliced in a refrigerator case, buy those without added sugar.
- **Buy Local:**
 - Check out "Strawberries and More" at extension.illinois.edu/strawberries for a list of Illinois farms that grow strawberries.



Price

- Fresh strawberries cost on average \$2.51 per pound and frozen strawberries average \$2.61.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



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Storage

- Since strawberries tend to spoil quickly, store unwashed berries in your refrigerator for just a few days before eating.
- Do not store berries pre-washed, as this leads to faster spoilage.
- If mold appears on one or more berries, assume the mold spores have spread to other berries, even if you can't see the mold just yet. To be food-safe, throw out all the berries.



Eat

- Eat strawberries as a fruit side to a meal or as a snack, and also in baked goods, as a topping on lettuce salads, and in fruit salsa.



Preparation

- Wash strawberries just before eating, and prepare as you want, such as whole, sliced, or diced.
- **Preserve at Home**
 - Can strawberries as jam or jelly, freeze whole or sliced berries, or even dehydrate berries into a fruit leather.
 - Visit the "National Center for Home Food Preservation" at nchfp.uga.edu for recipes and instructions.



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