FoodLink

STRAWBERRY

Types
Everbearing, day neutral, June-bearing

Selection Info
Look for bright red, shiny strawberries that are firm. The caps should be attached and green. Avoid berries that are soft or mushy.

Preparation
Do not wash strawberries until ready to eat.
This video offers strawberry cutting tips.
Fresh: Strawberries can be eaten fresh on cereal, yogurt or alone as a healthy snack. You can also add strawberries to salads to make a sweet, tangy addition.

Macerate: You can soften strawberries to make a sauce (macerate) for strawberry shortcakes, ice cream, or pancakes. To macerate strawberries, cut them to desired size, place in bowl, and mix in a little sugar. Let them sit on the counter for about two hours and you have a very nice syrup.

Storage
Short-Term Storage: Refrigerate strawberries for 1 to 3 days. Wash just before use.
Long-Term Storage: Strawberries are a great fruit for long term storage. They are most commonly frozen or made into jellies and jams.

*Looking for a source of fresh local fruits and vegetables??? . . .
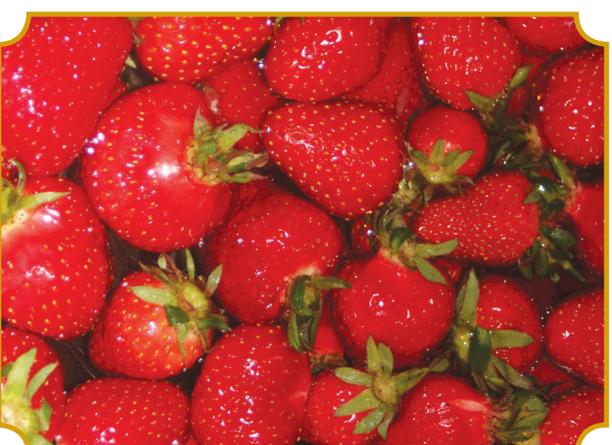Look here . . . **www.purdue.edu/foodlink/about.php***

STRAWBERRY BANANA SMOOTHIE

Ingredients

1 cup soy milk
1/2 cup 100% apple juice
6 ounces plain yogurt
1 medium banana
1 cup strawberries

Directions

1. Add all ingredients to a blender or food processor.
2. Cover and blend on high speed until smooth (approximately 30 seconds).
3. Serve immediately.

Learn more about **STRAWBERRY** by scanning the QR code above or by visiting
https://extension.purdue.edu/foodlink/food.php?food=strawberry.

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Nutrition Information

Serving Size	1/2 of recipe
Nutrients	**Amount**
Total Calories	210
Protein	9g
Carbohydrates	42g
Dietary Fiber	4g
Total Fat	2.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	120mg