



## Strawberries

Some strawberry varieties are originally from the temperate regions of Europe, while others are from North and South America. Strawberry varieties vary in size, texture, color and flavor. The smaller, juicier and tastier wild strawberry is the ancestor of the cultivated strawberries.

### Buying

Choose firm, glossy and well-colored strawberries. Check the condition of strawberries at the bottom of the container. Avoid soft, dull strawberries.

### Serving Ideas

Strawberries are very often eaten plain, whole, cut or crushed. They can be eaten raw with yogurt or ice cream, dressed with whipped cream or alcohol, or dipped in a chocolate fondue. Strawberries can also be added to fruit salads, crepes, ice cream or sorbets. Strawberries are used decoratively, to garnish.

### Nutritional Information

Per 3.5 oz/100g	raw
Water	92%
Protein	0.6g
Fat	0.4g
Carbohydrates	7g
Fiber	2.6g
Calories	30

### Preparing

Wash strawberries before hulling, when about to use. Use cold water without letting them soak.

Excellent Source: Vitamin C

Good Source: Potassium

Source: Folic acid, pantothenic acid and magnesium

*Properties: Tonic, depurative, diuretic, mineralizing and astringent. Eaten in quantity, strawberries are a laxative. Strawberry essence is used in beauty treatments.*

### **Storing**

*Strawberries are perishable. Avoid exposing them to sunlight or leaving them at room temperature.*

*In the fridge: 2-3 days, packed loosely, unwashed and unhulled, after removing any damaged strawberries.*

*In the freezer: whole, sliced, quartered or crushed, with or without sugar, after removing any underripe or overripe strawberries.*