

Produce of the Month



Strawberries



Nutritional Information

- 🍓 One cup of strawberries has **45 calories**
- 🍓 Strawberries are an excellent source of **vitamin C, manganese, folate, and potassium**
- 🍓 Strawberries are also very high in **antioxidants** which makes them great for **anti-aging, boosting the immune system, and preventing cancer**
- 🍓 Strawberries can **promote weight loss**—they're full of **fiber** and help **stimulate the metabolism**

Selecting & Storing

- 🍓 Peak strawberry season runs from April to June
- 🍓 Choose **shiny, firm** strawberries with a **bright red color**
- 🍓 Caps should be **fresh, green, and intact**
- 🍓 Avoid **shriveled, mushy, or leaky berries**
- 🍓 Do not wash strawberries until you're ready to eat—store in the refrigerator for 1-3 days or...
- 🍓 Remove stems and caps, then wash, drain, and dry the berries and freeze them in freezer containers or bags

Cooking Suggestions

- 🍓 Strawberries pair well with mint, ginger, black pepper, chocolate, citrus, and rhubarb
- 🍓 Dice strawberries and add them to your chicken salad or a fresh spinach salad with walnuts and goat's cheese
- 🍓 Slice strawberries and add them to Greek yogurt or blend them with banana, milk, and ice for a quick smoothie

Fun Facts

- 🍓 Strawberries aren't just red—there are yellow, blue, white, black, and purple strawberries too!
- 🍓 There is a museum dedicated to just strawberries in Belgium
- 🍓 California produces enough strawberries annually to encircle the Earth 15 times!

Manchester's Message for a Healthier You

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/>

For more ideas, see: <https://www.californiastrawberries.com>