**DID YOU KNOW?**

1st
Strawberries are the first fruit to ripen in the spring. There is nothing like the taste of a sweet strawberry picked fresh from the field.

 Strawberry are the only fruit with seeds on the outside; averaging as many as 200 tiny seeds per berry.

 Ounce for ounce strawberries have more vitamin C than most citrus fruits.

A family visit to a local strawberry farm can create a lasting memory. What a great way to spend a spring day!

May is national strawberry month!

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**STRAWBERRIES**

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**FRESH AND HEALTHY**

Strawberries are a sweet, delicious and versatile fruit. Strawberry shortcake, is just one of many dishes you can prepare with these delightful berries. They can also be used in salads, baked goods, and beverages or eaten plain. Try some farm fresh strawberries at your next meal!

**Best Time to Buy:**
March - July

**Strawberries Benefit U!**
- Low in calories
- High in vitamin C
- Cholesterol & fat free
- Low in natural sugars
- Source of folate & fiber

8 medium berries = 50 calories

**Add Color to Your Meal**
- Add to a mixed green salad
- Create a fruit smoothie
- Top a bowl of cereal or yogurt
- Stir into pancake or waffle batter
- Pop them in your mouth for a sweet and healthy treat
Strawberry Trifle

1 angel food cake (torn into small pieces)
3 cups fresh strawberries
½ cup sugar or equivalent amount of sugar substitute* 
1 large container fat-free whipped topping (thawed) 
½ cup chopped nuts* 

*optional

Wash and slice fresh strawberries in a bowl and toss with sugar. In a large dish, layer angel food cake, strawberries and whipped topping. Repeat layering of ingredients. Garnish with nuts. Enjoy!

Nutrition Facts

Serving Size: 1/12 of recipe
Serving: 146g (145 g)
Servings per Per 12
Calories
383
5%
Cholesterol
0mg
0%
Calories per gram:
Fat 9
Carbohydrate 4
Protein 4

Strawberry Trifle

Choose fully ripe, plump, bright red strawberries with a fresh green cap. They do not ripen after they are picked. Strawberries are highly perishable, so plan to use them in a few days.

Storage

Remove strawberries from their original container and discard any spoiled berries or berries with mold. Arrange them in a single layer, top with a paper towel and store loosely covered in the refrigerator. Do not remove caps or wash until ready to serve.

Preparation

Just before using, place the strawberries in a colander or strainer and rinse gently with cool water. Then remove the caps. This preserves nutrients and prevents water from soaking into the berries.

Preservation

Dry Pack Freezing: Spread a single layer of fruit on shallow tray and freeze. When frozen, pack strawberries into a container, seal and freeze.

For more information contact:
1.800.ASK.UGA1