

# Cleveland County Kitchen

Developed by: Nancy Abasiokong, Extension Agent, Family & Consumer Sciences and Annie Thompson, Extension Admin. Assistant

May 2016



## Nutrition Facts Label for Strawberries

Nutrition Facts	
Serving Size 8 medium berries (147g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 160%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

### Inside This Issue:

**Food of the Month** 1  
**Nutrition Facts**

**Selection** 2  
**Storage**  
**Preparation**  
**To Freeze**

**Recipes** 3  
**Recipes** 4

## Food of the Month - Strawberries

Strawberries are a delicious and welcomed sign of spring! They are one of the first seasonal fruits we get to enjoy each spring. Strawberries are available in North Carolina from mid-April through mid June. Sweet Charlie, Chandler and Camarosa are three of the strawberry varieties grown in the foothills of North Carolina.

### Did you know?

- According to NC Department of Agriculture & Consumer Services (NCDA&CS) NC ranks 4<sup>th</sup> in the U.S. in strawberry production

(harvesting approximately 1,800 acres each year).

- In 2010, strawberries ranked 3<sup>rd</sup> among fruit in economic value to U.S. agriculture (displacing apples). Strawberries are growing in popularity, and now are the 5<sup>th</sup> most consumed fresh fruit by weight in the U.S.



- Most of North Carolina's strawberries are sold as "direct from the farm" to consumers. With approximately 10% grown for wholesale markets.
- Strawberries have more vitamin C than citrus fruit.
- Vitamin C rich foods have been cited by the American Cancer Society as possibly helping to lower gastrointestinal tract cancers.

## Nutrition

A healthy diet is one that offers foods in a variety of colors and includes all 5 food groups - fruits, vegetables, grains, protein and dairy. It is recommended that most adults eat 1 ½ cups of fruit daily.

Fresh strawberries are a delicious, nutritious treat that can be a tasty part of your fruit consumption. Strawberries are:

- Low in calories (approximately 45-50 calories per cup)
- High in vitamin C (1 cup provides 100% of the recommended vitamin C for an adult)
- Rich in potassium
- Good source of fiber, vitamin A, and folate
- Avoid adding excess sugar and fat to keep strawberries a healthy choice.

### Serving Sizes and Measurements:

1 serving of fresh berries = about 1 cup  
1 serving of cooked, canned or frozen berries = about ½ cup  
1 serving of fresh strawberries is about seven medium strawberries  
1 ½ pounds = 2 pints or 1 quart

1 small basket = 1 pint  
1 pint = 3 ¼ cups whole berries  
1 pint = 2 ¼ cups sliced berries  
1 pint = 1 2/3 cups pureed berries  
1 cup = about 4 ounces



## Selection

To prevent damaging the strawberry and plant, when picking fresh strawberries, the NC Strawberry Association recommends picking by pinching the stem between your thumb and forefinger. Leave the caps on the berry to help them last longer.

Whether picking strawberries in the field, at the farmers' market, or grocery stores, look for berries that are firm, plump, and uniform in color. Strawberries will not ripen more after picking. Look for strawberries with attached caps that are green and fresh looking. Avoid containers with even one molded berry because mold spores will have spread throughout the package. Consuming mold is a health risk.



## Storage

Strawberries are best eaten or prepared the day they are picked. Strawberries are perishable and must be stored in the refrigerator and not left at room temperature. As soon as you get home, check the berries before storing and discard any soft, damaged or spoiled berries.

Do NOT wash strawberries before storing. Spread berries out in a shallow container, cover loosely with plastic wrap or a paper towel and keep in the refrigerator crisper (away from raw meats, etc.). Use as soon as possible or within two to three days.

## Preparation

Wash strawberries just before they are used/eaten. Wash your hands, then place the berries in a colander and gently rinse with cool running water (do not soak berries – they will lose flavor and color). Next remove the green cap using a vegetable peeler or paring knife (remove cap without removing any of the fruit) or by gently twisting to remove the caps. Refrigerate cut strawberries within 2 hours of preparation.

## To Freeze

**Whole Berries:** Place one layer of washed, drained and capped berries on a cookie sheet and freeze until firm. Remove from cookie sheet, package in freezer bags or containers, seal, label and return to freezer.

**Packing with Sugar:** Slice berries in halves or thirds. Mix berries with sugar (2/3 cup dry sugar to one quart of prepared fruit). Let stand 10-15 minutes or until sugar dissolves. Pack fruit and juice into freezer bags or containers, leaving ¼ inch head space for pints. Seal, label and freeze. For added protection against punctures, bags of fruit may be placed inside rigid freezer containers or a second freezer bag.

**Packing without Sugar:** Strawberries, whole or sliced, may be packed without sugar or with smaller amounts of sugar. However, the color and texture of the fruit will be reduced.



Developed by: Nancy Abasiokong, Extension Agent, Family &amp; Consumer Sciences and Annie Thompson, Extension Administrative Assistant

May 2016

## Strawberry Yogurt Smoothies

1/2 cup unsweetened pineapple juice  
 3/4 cup plain, vanilla low-fat, or Greek yogurt  
 1-1/2 cups frozen, unsweetened strawberries, (sliced or whole)  
 1 tsp. granulated sugar or honey, optional

### Directions:

Add ingredients to blender in order listed.

Puree at medium speed, until smooth and thick.

Yield: 2 (1 cup) servings

Adapted from: Centers for Disease Control & Prevention, Fruits & Veggies More Matters.



## Strawberry Shortcake

### Ingredients:

4 cups sliced fresh strawberries  
 1/4 cup sugar  
 8 pieces of cake (biscuit-type shortcake, pound cake or angle food cake)  
 1-1/2 cups no-fat whipped topping



Directions: Put strawberries in a bowl and sprinkle with 1/4 cup sugar. Set aside for an hour or until strawberries make their own "juice."

Split shortcakes into two layers or slice cake.

Just before serving, drain the strawberries and save the "juice." Make each dessert by putting 1/4 cup strawberries between shortcake layers, another 1/4 cup strawberries on top, and then add 1/4 cup whipped topping. Finish with a drizzle of the strawberry "juice."

Serves 8

Source: Clemson Cooperative Extension

## Summertime Fruit Salad

Serves: 4 (1-3/4 cup servings)

1/2 cup orange juice  
 1/4 cup honey  
 2 cups strawberries, stemmed and halved  
 2 cups raspberries  
 2 cups blueberries  
 1 cup cantaloupe, cut to bite-sized pieces  
 fresh mint leaves

In medium bowl, whisk juice and honey; add remaining ingredients. Toss gently to combine. Chill 1 hour. Spoon salad into 4 individual bowls, dividing equally. Garnish with mint leaves.

Hint: Use any combination of fruits to taste.

Source: University of Massachusetts Cooperative Extension



## The North Carolina Strawberry Association

recommends the following activity to encourage children to eat more fresh strawberries: let children cap clean strawberries and place in small freezer containers (can also add other berries). Mark containers with the child's name and freeze. For a nutritious snack, slightly thaw containers and let children eat the partially frozen berries from the container.

For additional ideas on ways to use strawberries, check out this site from Fruits and Veggies More Matters: **Top 10 Ways to Enjoy Strawberries**

<http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-strawberries>

NC Cooperative Extension  
 Cleveland County Center  
 130 South Post Road, Suite 1  
 Shelby, NC 28090  
 704-482-4365  
 cleveland.ces.ncsu.edu  
 clevelandcountykitchen.org

May 2016



Developed by: Nancy Abasiokong, Extension Agent, Family & Consumer Sciences and Annie Thompson, Extension Administrative Assistant

Developed by: Nancy Abasiokong, Extension Agent, Family &amp; Consumer Sciences and Annie Thompson, Extension Admin. Assistant

May 2016

## Strawberry Jam

Yield: about (8) 1/2 pint jars

2 quarts cleaned, crushed strawberries  
6 cups sugar

Sterilize canning jars. Combine berries and sugar; bring slowly to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick, about 40 minutes. As mixture thickens, stir frequently to prevent sticking. Pour boiling hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water bath.



Source: University of Georgia, Preserving Food: Jams and Jellies

## Berry Good Milkshakes

Serves: 2 (1 cup servings)

2 cups frozen berries (strawberries, raspberries, blackberries, etc.)

3/4 cup vanilla ice cream or frozen yogurt, low-fat

1/2 cup (4oz.) skim milk

Directions: Put all ingredients in a blender and mix until smooth and thick. Serve and enjoy!

Source: Fruits &amp; Veggies - More Matters



## Strawberry Spinach Salad

Serves: 6 (1 cup servings)

### Ingredients:

1 9oz. bag fresh spinach  
1 pint fresh strawberries, sliced  
1/4 cup nuts, chopped (optional)

### Dressing:

1/2 teaspoon prepared mustard  
1/2 teaspoon Worcestershire sauce  
dash paprika  
1/2 cup sugar  
1/4 cup vegetable oil  
1-1/2 teaspoons minced onion  
1/4 cup vinegar



### Dressing Directions:

1. Combine all ingredients except spinach, strawberries, and nuts
2. Using a fork or wire whisk, mix until well blended and sugar dissolves

### Salad Directions:

1. Clean spinach and pat dry. Cut off any large stems and place spinach in bowl.
2. Add sliced strawberries.
3. Drizzle dressing lightly to taste over spinach and strawberries.
4. Toss to coat.
5. Sprinkle nuts over top.

Note: Leftover dressing can be used for other salads or to marinate vegetables. You may add other fruits, i.e. fresh or drained pineapple chunks, grapes, blueberries, etc.

Source: NC Cooperative Extension, EFNEP