



STRAWBERRIES

About Strawberries

History

Until about 1850, strawberries were enjoyed only by the wealthy. They were still considered an elite fruit until the development of efficient transportation methods, such as railways, that greatly lowered shipping costs and allowed them to be accessible to larger slices of society. Today, strawberries are considered to be one of the most popular berry fruits in the world.

The Plant

Prized in ancient Rome for their medicinal uses, strawberries are recognized as having more vitamin C than many citrus fruits. They are also high in fiber, folate, and antioxidants, making them a healthy choice for snacks or dessert.

How to Buy

Choose strawberries that are firm, plump, deeply red, and shiny, with their green caps attached. Do not buy unripe strawberries since they do not ripen after being picked. Choose medium-size berries since they generally contain less water and have a better flavor. The best time to purchase strawberries is spring through summer.

How to Prepare

Strawberries should be washed before eating to remove any traces of dirt or fertilizer. Wash strawberries only if you intend to eat them immediately. Washing strawberries and placing them in the refrigerator for later use will accelerate mold growth.

To wash strawberries, simply hold them under cool running water and gently rub them with your fingers. Do not use scrub brush because the bristles can damage the fruit. Soap or detergent should NOT be used to clean the fruit since they will leave a residue.

How to Store

Strawberries should be refrigerated immediately after purchase.

Strawberries should be eaten within one or two days after their purchase. Strawberries exposed to sunlight and high temperatures tend to spoil sooner. Strawberries can be kept frozen for up to a year.

When storing strawberries in the refrigerator, spread them on a plate and cover with plastic wrap. Spoiled or crushed strawberries should be removed, since they will contaminate the rest of the berries.

Do not wash before storing. Spraying strawberries with lemon juice will help to delay spoilage because of vitamin C's antioxidant effect. The green caps should also be left on until the strawberries will be eaten since their removal may speed up spoilage.

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