
Selection

Strawberries are ready for harvesting 4–6 weeks after blossoming.

Harvest only fully red (ripe) berries, and pick every three days.

Cut by the stem; do not pull the berry or you could damage the plant.



Care and Storage

- ◆ Strawberries can be frozen whole for about 2 months.
- ◆ Store unwashed berries in the refrigerator for 3–5 days.
- ◆ Rinse the berries under cool running water to remove dirt or other debris; pat dry with a clean towel.
- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.

Benefits of Buying Local

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



Swipe at the Information Booth on the corner of 2nd and Main.

Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Extension

UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

FOOD WISE
Healthy choices, healthy lives.



Uses

Strawberries are a very versatile fruit appropriate for sweet and savory applications, both cooked and raw.

They may be used interchangeably with most other berries, but often times have a higher moisture content and therefore may require alterations in some recipes.



Nutrition Facts

- ◆ Fat free
- ◆ Good source of minerals
- ◆ Good source of antioxidants
- ◆ Excellent source of Vitamins A, C, E, and B-complex group
- ◆ Cholesterol free

Try It!

Spinach-Strawberry Salad

Ingredients

1/2 cup white sugar
2 Tbs sesame seeds
1 Tb poppy seeds
1 1/2 tps minced onion
1/4 tp Worcestershire sauce
1/4 tp paprika
1/2 cup vegetable oil
1/4 cup cider vinegar
1 bag (10oz) fresh spinach
1 pint strawberries, sliced thin
walnuts or almonds, optional

Instructions:

In a blender, combine the sugar, sesame seeds, poppy seeds, onion, Worcestershire sauce, paprika, oil, and vinegar. Blend well. If the dressing seems thick, add a few drops of water.

Remove the stems from the spinach and tear the leaves into bite-sized pieces. Arrange the strawberries and nuts (if using) on top. Drizzle the dressing over the strawberries and serve.



History & Fun Facts

Strawberries are bright red, juicy, and sweet.

They're an excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium.

Strawberries may improve heart health, lower blood sugar levels, and help prevent cancer.

Usually consumed raw and fresh, these berries can also be used in a variety of jams, jellies, and desserts.