



Strawberries



What is in it for you?

- Strawberries help protect the heart
- One cup provides more than 140% of your daily need for vitamin C

Produce Tips

- Pick strawberries that are bright red and have a natural shine because they will not ripen further after picking
- Store unwashed strawberries in the refrigerator for up to 3 days
- For best flavor, eat strawberries at room temperature

Serving Ideas

- Slice on top of cereal, oatmeal, pancakes, waffles or toast
- Toss strawberries in a salad with baby spinach or spring salad greens, and top with strawberry yogurt or balsamic vinaigrette

Fun Facts

- Native Americans used to pound strawberries into their cornmeal bread. European settlers made their own version, which is known today as strawberry shortcake.
- The average strawberry has about 200 seeds – all on the outside!



Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

