

Strawberry

Harvest of the Month Newsletter | June



FUN FACTS

- The United States is the world's largest producer of strawberries. They are grown in every state and almost every country in the world.
- On average, there are 200 seeds in a strawberry, which is the only fruit with seeds on the outside.
- Commercial strawberry plants are not grown from seeds, they are propagated and identical copies of the parent variety are planted in the farm fields.
- In medieval times, strawberries were served at important functions as they were thought to bring peace and prosperity.



GOOD FOR YOUR BODY

Strawberries are one of nature's best sources of vitamin C, known to help promote immunity and wound healing. Strawberries are also an important source of phytonutrients. Phytonutrients are plant chemicals that contain protective compounds, which are being researched for their health benefits. These compounds may play a role in the prevention of some chronic diseases, including cancer, heart disease and diabetes.



HARVEST SEASON

Strawberries are in season in Pennsylvania in May and June.

TASTY TIPS

- Strawberries do not ripen after they are harvested, so pick berries that are firm, plump and fragrant with a bright glossy red appearance.
- Avoid bruised or shriveled berries. Their fringed caps should be bright green and look fresh.
- Fresh strawberries should be refrigerated and eaten within three to four days of purchase. Remove the berries from the refrigerator an hour or two before serving.
- To help berries retain flavor, texture and nutrients, avoid washing or removing their caps until you are ready to use them.



Contents obtained from the Pennsylvania Department of Education and Penn State University (Project PA).