

Strawberries

Nebraska Seasonal Produce Guide



The strawberry is a small plant that belongs to the rose family. Strawberry plants may appear to grow on vines, but they produce runners, or daughter plants, that mimic vine growth. These runners help the strawberry spread across a garden. Strawberries can be grown wild or as a cultivated plant.

Why Should I Eat This?

Strawberries contain vitamin C, which helps heal cuts and wounds. They are a good source of potassium, which helps with muscle contractions and regulating fluid balance in the body. Strawberries also have folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.



Proper Storage

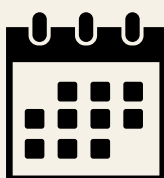
Store unwashed strawberries in their original container or in a paper lined container covered with plastic wrap in the refrigerator for up to 3 days.

How Could I Use This?

- Add to salads
- Make jams and jellies
- Top yogurt or ice cream with sliced strawberries
- Add sliced strawberries to cereal or oatmeal
- Add to baked goods or desserts, like pies
- Add to a smoothie or lemonade

Make a Good Selection

Choose strawberries that are firm, shiny, and brightly colored. Strawberries should be free from bruising and mold. Harvest or choose ripe berries as they do not ripen after being picked.



Seasonal Availability in Nebraska

Harvest Season: June through July

Market Availability: June through July



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