

Strawberries

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. Three types of strawberries are grown in Nebraska: Junebearer, Everbearer and Day-neutral.



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 towel lined container covered with plastic wrap in the refrigerator up to three days.

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.

How Could I Use This?

- Add sliced strawberries to a salad
- Make a fruit salad using strawberries
- Top yogurt or ice cream with sliced strawberries
- Add sliced strawberries to cereal or oatmeal
- Add to the batter or top pancakes or waffles with chopped/sliced strawberries
- Add to a smoothie
- Add cut strawberries to baked goods and other desserts like pies
- Make jams and jellies
- Blend strawberries and add to lemonade

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST						✓	✓					
MARKET						✓	✓					



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