



Give Them More  
of the  
Good Stuff!

# Strawberry Basics



## Shop and Save

- \* Choose berries that are fully red, dry, and firm, with fresh-looking green caps. Ripe berries smell pleasant and sweet.
- \* Strawberries do not ripen after picking, so avoid berries with white tops or tips. Avoid dull, shriveled, mushy or moldy berries.
- \* The size and shape of a berry doesn't determine its flavor. Even small berries can be sweet and juicy.
- \* Choose local berries for peak ripeness and flavor. Find them fresh in Oregon from May to September.
- \* Frozen strawberries are available year round. Look for those with no sugar added.

*Strawberries are an excellent source of vitamin C, which helps our skin, bones and teeth.*



*Strawberries are easy to grow in containers or in the ground. You can plant different varieties and harvest sweet, juicy fruit from early summer into the fall. Go to [FoodHero.org](http://FoodHero.org) for growing tips.*

## Store Well Waste Less



- For best flavor and texture, plan to use or freeze strawberries within 1 to 3 days.
- Refrigerate strawberries with their caps attached and keep them dry to delay spoilage.
- Rinse strawberries under cool running water just before serving. Drain and pat dry, then remove caps with a twist or the tip of a knife.
- Freeze cleaned strawberries for longer storage. For best quality, use within 12 months.
- Freeze whole berries on a baking sheet then transfer to labeled freezer containers.
- Pour crushed or pureed berries into labeled freezer containers. Leave 1/2 to 1 inch at the top for the berries to expand.



### 1 pound fresh strawberries

- = 3½ cups whole berries
- = 2½ cups sliced berries
- = 1½ cups crushed berries



### 1 pint fresh strawberries

- = 12 ounces whole berries
- = 1¾ cups sliced berries
- = 1⅛ cups crushed berries



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Strawberries

Go to  
[FoodHero.org](https://www.foodhero.org)  
for the  
Yogurt Fruit Dip  
recipe

## Frozen Strawberry Yogurt

### Ingredients:

- 4 cups **frozen strawberries** (unsweetened)
- 1 cup nonfat or low-fat **plain yogurt**
- 3 Tablespoons **sugar**

### Directions:

1. Wash hands with soap and water.
2. Combine frozen strawberries, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
3. Serve right away or freeze in an airtight container or in frozen treat molds for up to 1 month. Frozen leftovers will be very firm. Let soften, then scrape into serving bowls with a spoon.

**Makes** 4 cups

**Prep time:** 5 to 10 minutes

## Strawberry Salsa

### Ingredients:

- 1½ cups chopped **fresh strawberries** (about 10 to 12 ounces or 1 pint)
- ½ **jalapeno pepper**, minced
- ¼ cup minced **onion**
- 2 Tablespoons finely chopped **cilantro**
- 1½ teaspoons **lime juice**

### Directions:

1. Wash hands with soap and water.
2. Mix all ingredients together in a bowl. Flavors will blend if mixture is refrigerated for 30 minutes or more before serving.
3. Refrigerate leftovers within 2 hours.

**Note:** Enjoy with Baked Cinnamon Chips. Find the recipe on [FoodHero.org](https://www.foodhero.org)

**Makes** 2 cups **Prep time:** 20 minutes

## Banana Berry Smoothie



### Ingredients:

- 1 cup sliced **banana** (1 medium banana)
- 1 cup **strawberries** (fresh or frozen, unsweetened)
- 1 cup nonfat or low-fat **milk**
- 1 cup **orange juice**

### Directions:

1. Wash hands with soap and water.
2. Place all ingredients in a blender.
3. Blend until smooth. If too thick, add a small amount of cold water and blend again.
4. Refrigerate leftovers within 2 hours.

**Makes** 4 cups

**Prep time:** 5 to 10 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❄️ **rinse strawberries under cool running water and twist off the green caps.**
- ❄️ **cut strawberries into slices or other fun shapes. Ripe strawberries are easy to cut.**
- ❄️ **fill a blender container no more than half full and secure the lid tightly before blending.**