



Strawberries

How to Prepare

To many, strawberries are the quintessential summer berries. They evoke memories of summertime, and are connected in many of our memories to fresh-made breakfasts and sweets. Strawberries are sweet, distinctly flavoured berries that have a satisfying juicy texture and beautiful bright red colour. Fully ripe strawberries should be red throughout, without a white core.

Strawberries can be eaten raw or cooked. For raw berries, simply wash under cool water, remove the stem, and then eat. Fresh strawberries can also be frozen. Cover a cookie sheet with a layer of parchment paper, place the strawberries on the parchment in a single layer, and then freeze. Once frozen, transfer the berries to a sealable bag, and remove as much air as possible. Keep frozen until you're ready to use the berries.

For information on growing strawberries, visit www.almanac.com/plant/strawberries

Use Strawberries:

- In salads with spinach;
- In smoothies or juices;
- In fruit salad;
- In pastries and baked desserts;
- In crumbles or cobblers;
- As an ice cream topping;
- As a jam, preserve or syrup;
- Juiced for vinaigrettes or sauces;
- In scones or muffins;
- In pie with rhubarb; and
- In oatmeal or overnight oats.

Nutrition Highlights

- Very high in Vitamin C;
- A good source of manganese;
- A good source of fiber;
- A good source folate;
- A good source of potassium.

Harvesting Information:

Strawberries are ready to harvest when they are bright red and slightly soft.

When picking, do not stack harvested berries too deeply as they will bruise easily.

Store in the refrigerator.



Source: almanac.com



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Recipe: Strawberry Frozen Yogurt

Ingredients

- 4 cups frozen strawberries
- 3 tbsp honey or agave nectar
- ½ cup yogurt
- 1 tbsp fresh lemon juice

Instructions

1. Place all ingredients into a food processor and blend until creamy, about 5 minutes.
2. Serve immediately or transfer to an air tight container and store in the freezer for up to 1 month.

Switch up the yogurt to suit your taste. Greek or full fat yogurt will give a richer flavour while 0% makes a lighter treat. Frozen bananas can be used as a yogurt substitute for a dairy free option.

Plain yogurt will let the strawberries shine through but feel free to use fruit yogurt for delicious fruit combinations.

A scoop of this frozen yogurt in sparkling fruit juice makes a fun summer “float” or punch.

Per 100g	SASKATOONS	BLUEBERRIES	STRAWBERRIES	RASPBERRIES
Energy	84.84 Ca	51 Ca	37 Ca	49 Ca
Protein	1.33 g	0.42 g	0.7 g	0.91 g
Carbohydrate	18.49 g	12.17 g	8.4 g	11.57 g
Total Lipid (fat)	0.49 g	0.64 g	0.5 g	0.55 g
Total Fibre	5.93 g	2.7 g	1.3 g	4.9 g
Vitamin C	3.55 mg	2.5 mg	59 mg	25 mg
Iron	0.96 mg	0.18 mg	1.0 mg	0.75 mg
Potassium	162.12mg	54 mg	21 mg	152 mg
Vitamin A	35.68 IU	100 IU	27 IU	130 IU

Source: Saskatoon berries, SFGA, Conducted by POS Pilot Plant, assistance of Native Fruit Development Program (February 2003); Other fruit--USDA National Nutrient Database for Standard Reference, Release 15 (August 2002).