



Strawberries



*“You stand
out like a
strawberry
in a bowl
of peas.”*



Heat-shaped fruit that’s good for your heart? Check. Fruit that can boost your immunity, lower your cholesterol, protect your vision, prevent cancer (and wrinkles!) and help with weight management? Check. Vitamin C and vitamin K? Check, check. And on top of all that, strawberries are easy to grow.

Plant your strawberries in the full sun, 12 to 18 inches apart. Cover the roots, keep the central growing bud at soil level, and use a balanced fertilizer. In the spring, add compost and fertilizer, and then in fall mulch with straw. As your strawberries grow, keep them moist and weeded. As strawberries begin to ripen, cover them with light-weight netting to keep the birds at bay.

Pick strawberries when they’re cool and refrigerate them immediately. Wash before use and enjoy! Your yogurt, pancakes, shortcakes and more are waiting.

Chocolate-Covered Strawberries

½ lb strawberries with stems

½ cup chocolate chips

¼ cup sprinkles

1. Wash the strawberries.
2. Melt chocolate in the microwave in 30-second bursts; stir in between.
3. Dip the strawberries in the chocolate, and then in the sprinkles.
4. Place on wax paper to set, about 30 minutes.

Nutritional Facts

Serving Size..... 6

Calories 280

Calories from Fat 35%

Protein 0g

