

## Healthy Measures: Super Strawberries

Nothing says summer like a bowl of fresh strawberries! The sweet flavour and bright red colour make strawberries a Canadian favourite.

Strawberries are actually a member of the rose family – seeds found in Europe indicate that strawberries existed in prehistoric times and were used for medicinal purposes. This fruit is low in calories and packed with nutritional benefits. Strawberries are high in vitamin C, potassium, folate, fibre and phytochemicals such as ellagic acid. Many of these nutrients and compounds act as antioxidants and can help prevent heart disease and cancer.

### Buying

Fresh strawberries are available in grocery stores all year round, but varieties shipped over long distances usually do not have the same taste as local strawberries which are available from early June to late July. This is partly because they are picked before they have had a chance to fully ripen and this fruit does not continue to ripen after it is picked.

When buying fresh strawberries, look for berries that are firm and free of bruising or mould. Avoid fruit that has white or yellow spots, or is dull in colour. Choose medium to smaller-sized fruit as these tend to be the most flavourful.

### Storing

Fresh strawberries will keep for two to three days in the fridge. It is best to lay them out in a single layer on a plate or baking sheet. Do not wash them before refrigerating. Strawberries can also be frozen and will keep for up to one year. To freeze them, simply wash and hull the berries, pat them dry and lay them in a single layer on a baking sheet. Place the baking sheet in the freezer and once the berries are frozen, transfer them to a re-sealable bag or container for storage.

### Eating

Strawberries can be added to cereal, salads, desserts, or eaten as a tasty and healthy snack.

For more information about strawberries and links to recipes, check out [Foodland Ontario](#).

In York Region there are a number of farmers' markets that are open on a weekly basis during the summer and fall. You can also visit a local farm that offers pick your own produce. [York Region Farm Fresh Guide](#) showcases local farmers, farmers' markets and roadside stands.

**If you have questions about nutrition or healthy eating, call *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.**

**Healthy Measures: Eat Well, Be Active and Be Yourself!**