



Strawberries remain one of the most powerful icons summer– one reason this scrumptious fruit remains a popular favorite for enthusiasts of all ages. Not only are they full of rich, sweet flavor, **strawberries** are a wonderful source of nutritious benefits. One serving of eight **strawberries** contains 140% of Vitamin C (more than one orange!), 20% of folic acid, and 50% of dietary fiber according to the USDA recommended daily nutritional guidelines. In addition, **strawberries** are low in calories and fat-free!

Idaho **strawberries** are best recognized by having a rich red color, firmer fruit, and a sweeter taste than **strawberries** grown and imported from out of state. Local **strawberries** are picked only when fully ripened to allow for the sweetest and most fresh fruit available– this ensures a tastier berry that can only be found when buying local.

When selecting **strawberries**, make sure they have a bright red color, a natural shine, and fresh-looking green caps. For the absolute best flavor, let **strawberries** reach room temperature before serving.

Add a little pizzazz to traditional recipes by incorporating **strawberries** in unique ways. Slice several **strawberries** and add to your favorite salad, finishing with a light Italian dressing; make a **strawberry** pizza with wheat tortillas, light cream cheese, and **strawberries** and cinnamon; or simply mix **strawberries** with your favorite yogurt, ice cream or cereal to make for a delicious, nutritious and healthy treat.

