



CWD Healthy Update

CWD Nutrition Services

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Strawberries

Strawberries were mentioned by early Roman poets in the first century A.D., however at that time, they were considered ornamental and not a food product. Early wild strawberries were small and lacked flavor.

Ancient Roman literature mentions strawberries used for medicinal purposes.

In the 1300's the French began to cultivate the strawberry. In the 1600s, a hardier plant, the Virginia strawberry from North America reached Europe.

Then, in 1714, the Chilean strawberry (which produced larger fruit) was



introduced to France. These species were later crossed, producing the modern strawberry.

According to USDA, US per capita strawberry consumption is 4.85 pounds.

Over 94% of US households consume strawberries.

California produces the bulk of the US grown strawberries. Their season runs from January—November with peak quality from March to May. Florida is second in strawberry production with a season from December to May. Peak production is March and April. To meet winter demand, product is often imported between November and May.

Strawberry Facts

- ◆ 70% of a strawberry's roots are located in the top 3" of soil.
- ◆ Strawberries are a member of the rose family.
- ◆ Strawberry flavor is influenced by weather, the variety, & stage of ripeness when harvested.
- ◆ On average, there are 200 seeds in a strawberry.
- ◆ Strawberries are grown in every state in the US.
- ◆ California produces over 75% of the nation's strawberry crop with over 23,000 acres planted annually.

Source: University of Illinois Extension website

Weekly Produce Update

Strawberries—volume is increasing and quality is reported as good.

Cauliflower—supplies remain limited.

Lemons—demand exceeds supply on 140's and smaller.

Oranges—demand exceeds supply on 88's, 113's, and 138's.

Bell Peppers—the market is steady & quality is good.

Broccoli—supplies and quality are improving.

Lettuce—demand continues to exceed supply on bot leaf and iceberg products. Quality is fair.

Grapes—market is steady.

Source: ProAct

Celebrate April!

- National Pecan Month
- National Fresh Celery Month
- Soy Foods Month

