



CWD Healthy Update

CWD Nutrition Services

Volume 21, Issue 14
April 7, 2017

Strawberry Handling Tips

Peak strawberry season is from April to June, however strawberries are available year-around. California produces over 80% of the domestically grown strawberries. The majority of the berries imported into the US are from Mexico.



When selecting fresh strawberries, look for fresh, clean berries. The color should be bright, solid red with very little green or white. Select berries with the cap in place and no mold, moisture, or damage to

the berries.

Strawberries are perishable and require careful handling. They should be kept cold (32 to 34°F). Typical shelf life is 5-7 days. After a few days in storage, strawberries will begin to lose color and

flavor. Strawberries are highly sensitive to freezing.

The green caps on the berries should not be removed until after the berries are washed. Once the cap is removed, moisture can get into the berries and begin to break down the texture.

Do not wash strawberries until they are ready to be served.

Weekly Produce Update

Supply gaps are leading to shortages on multiple items including broccoli, cauliflower, lettuce (including leaf & romaine), spinach, cilantro, & celery. Suppliers have implemented purchasing restrictions holding customers to a percent of their previous 12 week average purchases. Expect shortages and

higher prices.

Strawberries—production has increased, however Easter demand and expected rain will impact supply.

Lemons—limited supplies on small fruit which is expected to last through the

summer.

Oranges—Valencia crop should start by early May as Navels winds down.

Cantaloupe & Honey Dew—quality is excellent.

Strawberry Equivalents

- * 1 pint = about 3½ cups whole berries
- * 1 pint = about 2½ cups sliced
- * 1 pint = about 1 2/3 cups pureed
- * 1 pint = about 12 large stemmed berries
- * 1 pint = about 36 small berries
- * 1 cup whole berries = about 4 oz.
- * 1 pint = 12 oz.

Source: *The Packer*

Celebrate April!

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

