

St. Charles Cancer Treatment Center  
DEFEAT Cancer's June, 2008

## HARVEST for HEALTH



### It's STRAWBERRY!

#### Strawberry Facts

- Strawberries are the most popular berry in the U.S. They are a member of the rose family and are the first fruit to ripen in the spring.
- Strawberries are the only fruit with the seeds on the outside. On average, there are 200 tiny seeds on every strawberry.
- The U.S. strawberry industry generates over \$1.2 billion dollars annually.
- The strawberry is a symbol for Venus, the Goddess of Love, because of its red color and heart shape.
- Madame Tallien, a prominent figure in the court of the Emperor Napoleon, was famous for bathing in the juice of fresh strawberries to keep her skin radiant. She used 22 pounds per bath!

#### Did You Know?

California grows 88% of the nation's strawberry crop. If lined up, the berries would circle the world 15 times each year.

#### Nutritional Value

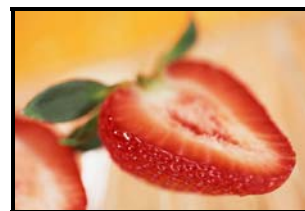
Strawberries are a giant in the world of nutrition. They provide powerful antioxidant and anti-inflammatory protection, promote heart, brain and joint health, and are being studied as cancer preventatives. Strawberries are an excellent source of Vitamin C, a good source of folate and rank second among the top ten fruits for antioxidant capacity (TAC). One cup of medium strawberries provides 149% of the recommended daily value for Vitamin C (more than an orange), plus as much potassium as half of a large banana, and 3 grams of fiber for only 49 calories!

#### Selection

Strawberries do not ripen after they are picked so choose those that are ready to eat. Look for a moderately soft and plump berry with a beautiful aroma, a shiny, deep red color and bright green well-attached caps. Medium sized berries are often the most flavorful.

#### Storage

Strawberries are highly perishable and should be kept refrigerated and eaten within 3-5 days of purchase. Since water encourages spoilage, gently wash strawberries just before eating, not before storing in the refrigerator. For best flavor, allow strawberries to reach room temperature. If you have more berries than you can eat, wash and dry the berries. Place them in a single layer on a cookie sheet. Freeze until solid, then transfer berries to a freezer-safe container or plastic bag. Fresh or frozen, it doesn't matter -- they're healthy and yummy either way!



#### Grow Your Own!

Strawberries are one of the easiest fruits to grow. Look for strawberry starter plants zoned for our area – they'll be at any local nursery. Everbearing varieties will produce fruit all season long. Strawberries planted in the ground can often make it through the winter, but containers filled with good potting soil make strawberry plants happy and prolific for at least one season. There's nothing like watching a strawberry develop from a small flower into a delicious red berry that bursts into flavor when popped into your mouth straight off the plant. Oh, they're so good!

#### Add More Strawberries to Your Life

- Strawberries combine well with oranges, bananas, grapefruit, kiwifruit and other berries.
- Puree fresh strawberries and add to lemonade.
- Mix chopped strawberries with cinnamon, lemon juice and maple syrup, and serve as a topping for whole grain waffles or pancakes.
- Add sliced strawberries to high fiber cereal or non-fat yogurt. Or make a strawberry parfait by layering yogurt and sliced strawberries in a cup with granola.

- Combine low-fat cream cheese, a little honey and grated orange zest. Use as a spread on whole-grain bread and top with sliced fresh strawberries for a delicious summer sandwich.
- Strawberry smoothies and shakes are always a big hit. For smoothies, blend strawberries with banana or any seasonal or frozen fruit, orange juice and some ice. Or make a high-energy breakfast shake by adding protein powder, wheat germ, non-fat yogurt or almond butter to your smoothie mixture while blending.
- Indulge your dark side. Melt any high quality dark chocolate slowly in a double boiler or microwave. Make sure no water gets into the chocolate. Wash and dry strawberries, keeping the cap and stem intact, then dip berries into the chocolate. Place on wax paper and allow to cool in the refrigerator.
- For a light dessert, combine 1 or 2 tsp. good quality balsamic vinegar with 1/2 tsp. honey. Drizzle over 1 pint fresh, sliced strawberries. Let stand for 10 minutes, then serve.



### Strawberry Fruit Salad

- 2 cups plain non-fat yogurt
- 3 TBL. honey
- 1 tsp. cinnamon
- 1/2 pint fresh strawberries, cleaned & halved
- 2 bananas
- 1/2 pint blueberries or raspberries
- 2 peaches, peeled
- 1/2 cantaloupe
- Fresh mint leaves, washed

*In a large bowl combine yogurt, honey and cinnamon. Slice bananas, peaches and cantaloupe into 1/2" pieces. Add fruits and berries to the sauce. Chill before serving. Garnish with fresh mint leaf and strawberry halves. Serves 6. Recipe from: [www.strawberry-recipes.com](http://www.strawberry-recipes.com) Note: any combination of fruits or berries can work with this sauce. Use whatever is fresh, colorful and feels creative!*

### Danny's Strawberry Spinach Salad

- 10 oz. bag fresh spinach leaves
- 1 pint strawberries, hulled and sliced
- 1/2 cup slivered almonds
- Danny's Dressing:
  - 1/2 cup seasoned rice vinegar

- 2 tsp. sesame oil
- 2 TBL. orange marmalade
- salt & pepper to taste

*Mix all together and enjoy!* Recipe from: Los Angeles Unified School District Nutrition Network



### Strawberry Salsa

- 1 cup coarsely chopped cleaned strawberries
- 1 TBL. orange juice
- 1 tsp. grated orange peel
- 1 green onion, finely chopped, top included
- 1 tsp. Dijon-style mustard
- 2 TBL. dried currants
- 2 TBL. red wine vinegar

*Mix all ingredients in a bowl. Chill. Serve with grilled chicken or fish. Makes 1-1/2 cups. Recipe from: [www.urbanext.uiuc.edu/strawberries/recipes.html](http://www.urbanext.uiuc.edu/strawberries/recipes.html)*

### Resources

*Remember to look for low-fat recipes, or substitute high-fat ingredients with low-fat options.*

#### Strawberry Recipes & Tips

- [www.calstrawberry.com](http://www.calstrawberry.com)
- [www.strawberry-recipes.com](http://www.strawberry-recipes.com)
- [www.cookinglight.com](http://www.cookinglight.com)
- [www.allrecipes.com](http://www.allrecipes.com)
- [www.eatingwell.com](http://www.eatingwell.com)

#### Cancer/Nutrition Websites

- [www.caring4cancer.com/go/cancer/nutrition](http://www.caring4cancer.com/go/cancer/nutrition)
- [www.cancerproject.org](http://www.cancerproject.org)
- [www.aicr.org](http://www.aicr.org)
- [www.cancer.net](http://www.cancer.net)

**Harvest for Health and DEFEAT Cancer** are programs of **St. Charles Cancer Treatment Center**. DEFEAT Cancer is sponsored by the **Lance Armstrong Foundation** and supported by **Advanced Specialty Care**.

[www.bendcancer.org](http://www.bendcancer.org) & [www.defeatcancer.info](http://www.defeatcancer.info)

*We also thank St. Charles Food Services – Cafeteria & Deli for their assistance and support.*

