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National Strawberry Month

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May is national strawberry month! With all of the nutrition that's packed into those sweet berries, it's a cause for celebration! 1 serving (about a cup) of strawberries provides a day's worth of vitamin C and 3 grams of fiber along with being a source of potassium, folate and antioxidants. Flavonoids in the berries may reduce the risk of cancer, heart disease, and cognitive decline. Want even more to love about strawberries? They're available not only in May, but year-round! Peak season for Florida grown strawberries is November to April and April to December for those grown in California.

When shopping for strawberries, select berries that have a rich red color and fresh unwilted green tops. Store fresh strawberries in refrigerator for up to 3-5 days. Handle carefully as they do perish easily! When ready to eat them, gently rinse under cold water and pat dry. Top cold or hot cereal, peanut butter toast, or pancakes with sliced strawberries. Add them to smoothies or a dollop of cool-whip for a refreshing treat. Check out my recipe of the month for a great side or entrée salad featuring....you guessed it, strawberries!