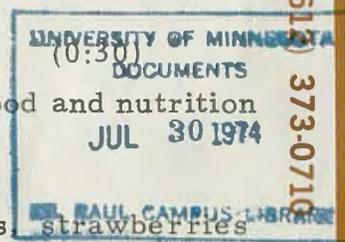


AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •

July 12, 1974
Strawberries



Here's a tip from University of Minnesota food and nutrition specialist Isabel Wolf:

If you're both nutrition and calorie conscious, strawberries are for you.

One cup of unsweetened berries contains only 55 calories. If you add one teaspoon of sugar, add another 15 calories. Try some fresh washed berries without sugar. You'll be surprised how naturally sweet they are.

Strawberries are an excellent source of vitamin C. Vitamin C helps keep skin and gums firm and helps cuts heal quickly. Vitamin C is affected by heat, so raw berries are the best source.

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Buying Strawberries (0:25)

When buying berries, look for those that are bright red, have a fragrant aroma and have stem caps.

Remember that the largest berries are not necessarily the best. Avoid berries that are bruised and moldy. Under-ripe berries may ripen some after they are picked, but the flavor never ripens.

Handle berries as gently and as little as possible. Lightly cover them for a day or two storage in the refrigerator. It's best to wash them just before using.

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Barbecue Meats (0:16)

University of Minnesota meats specialist Richard Epley says pork and lamb adapt well to outdoor cooking because they come from young animals and, unlike beef, are tender throughout. Pork picnic cuts are about the only ones he advises against. The greater amount of connective tissue in picnic cuts makes them more suitable for slow moist-heat cooking.

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