

4-H Clover Challenge

Louisiana Strawberries



Strawberries are a delicious and nutritious fruit. Spring is strawberry time in Louisiana, and it's a wonderful idea to add strawberries to smoothies, fruit and vegetable salads, in jams and jellies, and raw sliced in cereal and over oatmeal. Strawberries are grown across the United States. Did you know that Louisiana has 83 strawberry growers who produce more than 380 acres of strawberries for a gross farm value of about \$15.2 million? That's Sweet!!

Learning About Food Labels


Use the food label to the right (Strawberry Nutrition Facts) to answer the questions below.

How much vitamin C does one serving of strawberries provide?

Can you locate the grams of carbohydrate in one serving of strawberries?

Is there protein found in strawberries?

What is the amount of one serving?

Strawberries 	
Nutrition Facts	
Serving Size 152 g	
Amount Per Serving	
Calories 49	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 149%
Calcium 2%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

What's a food label? It's a rectangle found on a package of food which contains a variety of information about the nutritional value of the food item. Not all fresh food items have a food label, but most items in the grocery store in packaging have a label. The label has information on serving size, number of calories, grams of fat, included nutrients, and a list of ingredients. This information helps people who are trying to know how much fat, sodium, sugar, or other ingredients are in the food item.

Did you know these Strawberry Ag facts?



1. The average strawberry has 200 seeds.
2. A strawberry flower averages five to seven petals
3. Technically berries have seeds on the inside and they don't come from a single ovary, so strawberries are really in a group all their own.
4. Strawberries are the first fruit to ripen in the spring.
5. 94% of American households consume the berries.
6. According to the USDA, Americans eat 3.4 lbs. of fresh strawberries a year.
7. Americans also eat another 1.8 lbs. of frozen strawberries a year.
8. One acre of land can grow about 50,000 pounds of strawberries.
9. Strawberries are grown in every single U.S. state and Canadian province.
10. Every plant is hand-picked about every three days.
11. Native Americans were eating strawberries way before Europeans landed in North America.
12. Ancient Romans used the berries to treat everything from depression to fever and sore throats.
13. The flavor is influenced by weather, variety, and ripeness when harvested.
14. The perfect temperature for strawberry plants is between 55 and 78 degrees.
15. Strawberry can be produced via seed, by planting one fruit in the ground.
16. More common, strawberries are produced via runners.

Strawberry Freezer Jam

Ingredients

- 4 cups strawberries, cut in half
- 4 cups sugar
- $\frac{3}{4}$ cup water
- 1 package (1 $\frac{3}{4}$) powdered fruit pectin

Instructions

Mash strawberries with a potato masher or food processor until slightly chunky, but not smashed, to make two cups of crushed berries. Mix the strawberries and the sugar in a large bowl. Let the mixture stand at room temperature for 10 minutes, stirring often.

Mix the water and pectin in 1-quart saucepan. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Pour the hot pectin mixture over the strawberries, stir constantly for 3 minutes.

Immediately spoon the mixture into freezer containers, leaving $\frac{1}{2}$ inch headspace. Wipe the container rims and top. Let stand at room temperature until cool.

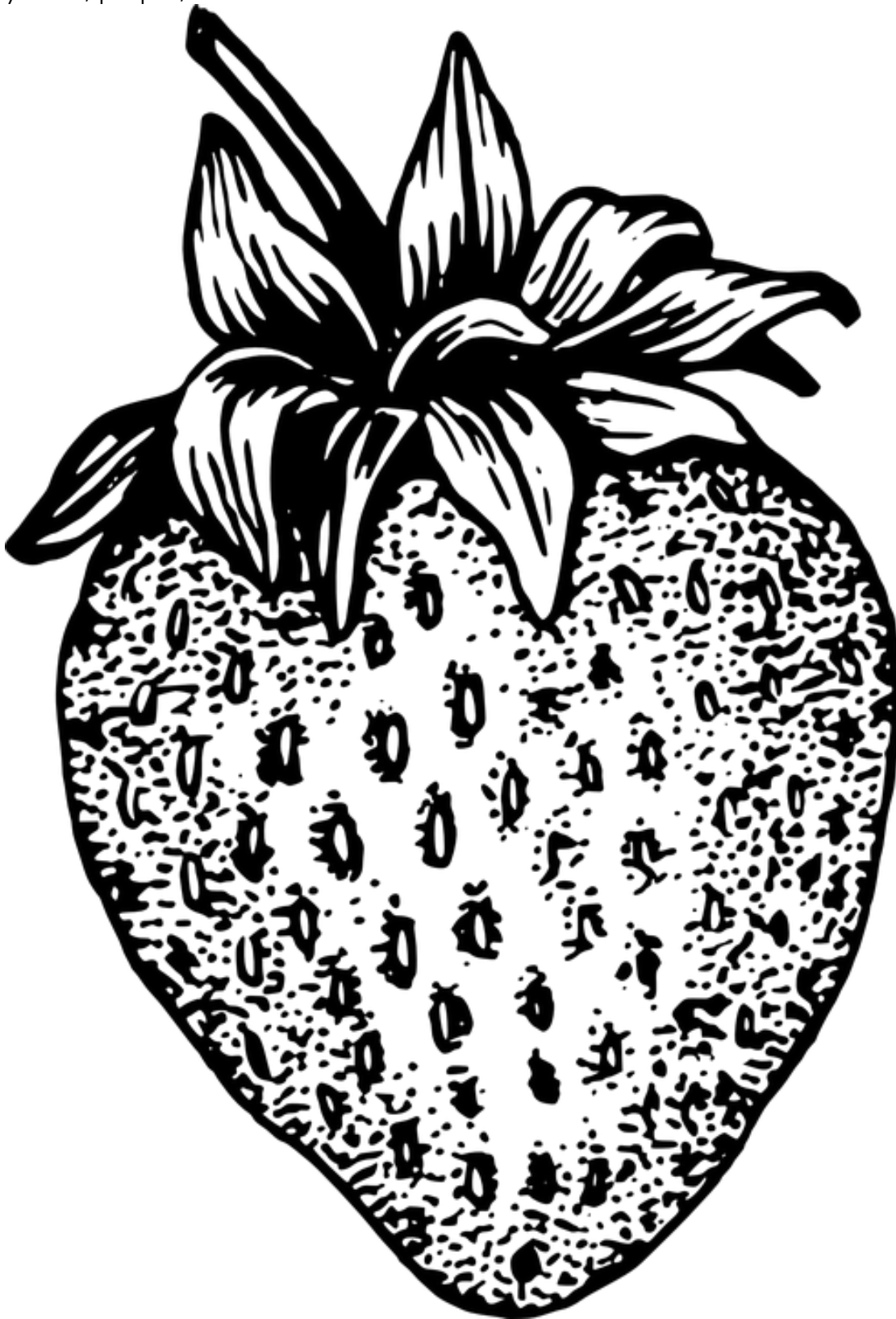
Store the jam in the freezer for 12 months or in the refrigerator for up to 3 weeks.



Color the Strawberry



Before you reach for your red crayon, consider this. Did you know that there are orange, yellow, purple, and white strawberries?





References:

- Images-Pixabay.com
- Women's Health Resource-Strawberry Food Label
- LSU Ag Summary, Strawberry production, 2018
- Freezer Jam-Betty Crocker Recipes
- <https://aghires.com/25-strawberry-fun-facts/>

Answers for the strawberry label activity:

- How much vitamin C does one serving of strawberries provide? 149%
- Can you locate the grams of carbohydrate in one serving of strawberries? 12 grams
- Is there protein found in strawberries? 1 gram
- What is the amount of one serving? 152 grams (or ½ cup)

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