Strawberries

Locally Picked

- In the early 20th century, Ponchatoula was one strawberry field after another. New technology allowed refrigerated railcars to transport strawberry harvests farther away by train. There was a boom of strawberry farmers in Louisiana. By 1931—which some locals say was the peak of strawberry farming in Ponchatoula—Louisiana boasted 23,500 acres of strawberry farms.
- In 2014 there were only 81 Louisiana strawberry growers producing strawberries on 367 acres, according to the Louisiana State University Agricultural Center. Tangipahoa Parish, where Ponchatoula is located, was the state’s lead strawberry producing parish with $19.3 million in sales.

Fun Facts!

On average, Americans eat more than three pounds of fresh strawberries each year plus nearly another two pounds of frozen strawberries.

In addition to being fat free and low in calories (less than 60 calories in one cup), strawberries are packed with tons of vitamins and minerals. Ounce for ounce, strawberries have more vitamin C than citrus fruit.

Strawberries also contain folate, fiber, potassium, and other antioxidants (phytochemicals that can reduce your risk to certain cancers and heart disease).

Strawberries are the most popular berry in the United States. Ninety-four percent of American households consume strawberries.

Make It

Strawberry Rhubarb Crisp

Ingredients:
- 4 cups rhubarb pieces
- 2 cups sliced strawberries
- 1 cup sugar
- 1 & 1/3 cups flour
- 1/2 tsp cinnamon
- 1 cup brown sugar
- 1 cup old-fashioned rolled oats
- 1/4 tsp nutmeg
- 1/2 cup melted butter

Directions:
1. Preheat oven to 350°F.
2. In a large bowl, combine rhubarb, strawberries, sugar, 1/3 cup of the flour and the cinnamon.
3. Transfer to a greased 9 by 13 inch baking dish.
4. In another bowl, combine the remaining 1 cup of flour with brown sugar, oats and nutmeg.
5. Add butter and blend well to create the topping.
6. Sprinkle topping over rhubarb mixture and bake for 35-40 minutes.

Recipe developed by Vermont Harvest of the Month

Did You Know?

The seeds of the strawberry are really the fruits while the red fleshy part is the receptacle that holds the parts of the flower together. On average, there are 200 tiny seeds on every strawberry.

For more information on Louisiana Harvest of the Month, visit www.SeedstoSuccess.com

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