



BENEFITS

Because strawberry season is longer than you think!

Over 15 years ago, Quebec farmers discovered a wonderful secret: that it's possible to grow sweet and juicy strawberries right into fall. That means we can all enjoy Quebec strawberries from June to October!

Because they're the queen of the forest fruits!

The term strawberry is derived from the Latin word *fragare*, meaning "to smell nice". It's a delicate and capricious queen, though, and must be handled with care. Highly perishable, it's best to store strawberries in the fridge, but never more than 2 or 3 days. They will keep better if they are loosely packed, unwashed and with the stem in.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



STRAWBERRY LAYERED YOGURT

Portions: 4 10 min

Ingredients

- 500 ml (2 cups) strawberries, cut into small cubes
- 5 ml (1 tsp) honey or maple syrup
- 2 mint leaves, chopped (optional)
- 250 ml (1 cup) granola (home-made or store-bought)
- 250 ml (1 cup) vanilla yogurt

Directions

1. Combine the strawberries, honey (or maple syrup) and mint in a bowl.
2. Divide the strawberries, yogurt and granola between 4 glasses, alternating the ingredients to form layers.

Source: Julie Strecko, RD



STRAWBERRY, APPLE AND PEAR CRISP

Portions: 6 to 8 10 min 25 to 30 min

Ingredients

- 250 ml (1 cup) rolled oats
- 80 ml (1/3 cup) wheat our
- 60 ml (1/4 cup) brown sugar
- 60 ml (1/4 cup) non-hydrogenated margarine
- 500 ml (2 cups) strawberries, sliced
- 2 pears, peeled and sliced
- 1 apple, peeled and sliced
- 15 ml (1 tbsp) sugar
- 15 ml (1 tbsp) corn-starch
- 2.5 ml (1/2 tsp) ground cinnamon

Directions

1. Preheat oven to 190°C (375°F).
2. Spread the fruits on the bottom of a 20 cm (8-inch) square baking pan
3. In a small bowl, combine the sugar, corn-starch and cinnamon. Add to the fruits and mix.
4. In another bowl, mix together the rolled oats, our, brown sugar and margarine. Spread mixture evenly on top of the fruits.
5. Bake in the oven 25 to 30 min or until the topping is slightly golden and the fruits are tender.

Source: Julie Strecko, RD



TIP - AN EXCELLENT SOURCE OF VITAMIN C!

Whole strawberries keep their nutritional value better than cut ones because less of their surface is exposed to air. Adding a little lemon or apple juice can help reduce the loss of vitamin C.