



Local strawberry

Availability:
june to october
*but all year round
when frozen

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

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.



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