

# Strawberries

**1. What is the recommended Daily Value (DV) for folate? Fiber? What does the red color of strawberry flesh indicate?**

The recommended DV for folate is 400 micrograms. The DV fiber is 20-35 grams per day. The red color of the flesh indicates that strawberries contain an antioxidant called anthocyanins. Antioxidants are protective against chronic diseases such as heart disease and cancer.

**2. Identify three factors that can influence the flavor of strawberries.**

- **Temperature:** Warm temperature causes browning, which causes the strawberries to lose their flavor. Because of this, strawberries should not be left at room temperature for longer than a few hours.
- **Water:** Strawberries should be washed just before eating by placing them in a colander and rinsing under cold water. Do not allow strawberries to sit in water as they will lose color and flavor.
- **Time:** Strawberries should be used soon after harvesting or purchasing as they will lose their flavor.

**3. Map the various regions in California where strawberries are grown. Identify their growing season and main varieties produced. Compare the regions – why does each region grow a different variety? What factors affect when and what variety of strawberries are grown?**

Strawberries thrive along the California coast. The leading counties for growing strawberries are Monterey, Santa Cruz, San Luis Obispo, Ventura, Orange, and San Diego. Although they grow almost year round in California, peak season occurs during April, May and June. Different varieties are suited for particular climates. Varieties adapted for warmer temperatures grow in the Southern California counties. The varieties that grow in Northern California are selected for a longer production cycle, which extends through the fall.

**4. Why is California the nation's leading strawberry producer?**

California is the nation's leading producer of strawberries because California's climate allows strawberries to be grown almost year round.

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