

# Produce of the Month



## Enjoy fresh & free Strawberries

Keep an eye out for  
our mobile Produce  
of the Month cart  
around campus!

**Tuesday,  
February 7  
1-3 PM**

**Bull Market**

**Wednesday,  
February 15  
10 AM - 12 PM**

**Campus Recreation**

Champion's Choice, Fresh Food Co,  
and Juniper Dining will be featuring  
a healthy recipe with the Produce  
of the Month!

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Center for Student Well-Being & Dining Services

### SHOPPER TIPS

- Strawberries should be dry, firm, well-shaped, and eaten within a week after purchase.
- It's best to buy berries while they're 'in-season'; they'll cost less and are more ripe and flavorful than when they're 'out-of-season'
- Strawberries should be a bright shade of red and the caps on the berries should be green and fresh looking (If the strawberries are green or yellow they're unripe and most likely sour).

### WHAT'S IN IT FOR YOU?

- Strawberries have the most vitamin C of the berry family.
- And are crammed with lots of potassium and fiber.

### SERVING IDEAS

- Strawberries are suitable to eat raw and make a great, healthy snack!

### PEAK SEASON

- Strawberries are perhaps the most popular berries of all. Strawberries have been known since the time of the Greeks and Romans; cultivation of strawberries began in the year of 1624.
- Domestically strawberries are grown mostly in the California and Florida regions; this very familiar fruit is usually available fresh year round with a peak in the months of December through April.

### STORAGE

- Store strawberries in the refrigerator. Generally berries should be eaten within one week or stored in freezer to remain fresh.
- Wash only prior to consumption.



## Strawberry Mango Salsa

### INGREDIENTS:

- ¾ cup diced strawberries
- ¾ cup diced mango
- 1 jalapeno, seeded and minced
- 2 Tbsp diced red onion
- 2 Tbsp chopped fresh cilantro
- 2 tsp honey
- Juice of a lime

### DIRECTIONS:

1. In a large bowl, combine all ingredients. Done!
2. Enjoy with a few whole grain crackers or chips.

### Nutrition Facts: Strawberry Mango Salsa

**Yield:** 4 servings, **Calories:** 46, **Total Fat:** 0.2g, **Saturated Fat:** 0g,  
**Cholesterol:** 0mg, **Sodium:** 2mg, **Potassium:** 125mg, **Carbohydrates:** 12g,  
**Dietary Fiber:** 1.8g, **Sugar:** 8.8g, **Protein:** 0.6g

The Produce of the Month program is presented  
by Center for Student Well-Being & Dining Services

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