



Cooperative Extension
ULSTER COUNTY

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FOR IMMEDIATE RELEASE

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What's in Season? Strawberries of Course!

There are signs out there that summer has come to the Hudson Valley beyond the increasing heat and humidity and the much anticipated last day of school. In fact, they've sprung up in farm stands, farmer's markets and grocery stores reading "**local strawberries!**" These bright red tasty treats are ready for picking in fields (or stores) right now. Beyond delicious flavor, local strawberries are high in vitamin C, folic acid, potassium and fiber. One needs only seven medium strawberries to obtain 141% of the recommended daily allowance of vitamin C, while consuming only 46 calories of a delightfully sweet, fat free fruit. Strawberries are high in natural antioxidants such as ellagic acid and anthocyanins. These compounds help advance heart health, and boost total body wellness.

When purchasing strawberries consumers should look for berries that are free from moisture and dirt, clean, bright and have full solid red color. Caps should be attached and bright green in color. Strawberries are highly perishable and should be used within a day or two or frozen for later use. Fresh strawberries can be eaten uncooked or cooked and they make great jam or jelly. Their good taste and lively color are an addition to any meal. They can be enjoyed fresh, with shortcake, on ice cream, in a smoothie, or tossed in cereal, salads, or yogurt. They make excellent sauces, pies and tarts, jams, jellies, custard, creams, compotes and salads. Let's not forget about Strawberry Shortcake, an American favorite, or try them French style with a little wine and sugar.

There are plenty of places to find these local delights. A list of pick-your-own places in Ulster County follows:

BURD FARM
1233 Berme Rd.
Kerhonkson, NY 12446
(845)626-2090

KELDER'S FARM & U-PICK
5755 Rt 209 *between Accord and Kerhonkson, across from NAPA.*
Kerhonkson, NY 12446
(845) 626-7137
www.kelderfarm.com

DAVENPORT FARMS

3411 US HWY 209
Stone Ridge, NY 12484
(845) 687-0051
bruce@davenportfarms.com
www.davenportfarm.com

SAUNDERSKILL FARM

5100 Rt 209
Accord, NY 12404
(845)626-7103

**DRESSEL FARMS
ORCHARD**

271 Rt. 208
New Paltz, NY 12561
(845) 255-0693
redressel@aol.com

THE VERY BERRY PATCH

300 Springtown Rd,
New Paltz, NY 12561
(845)255-8768

STONE RIDGE

P.O. Box 867
Stone Ridge, NY 12484
(845) 687 2587

mbiltonen@stoneridgeorchard.com
www.stoneridgeorchard.com

To learn more about the benefits of strawberries visit the Cornell Food of the Month:
<http://www.cce.cornell.edu/farmtoschool/NYFOODMO.htm>. To share a favorite strawberry recipe
go to the NY Farms! cookbook at: http://www.nyfarms.info/app_list_rcp/index.php. For more
information contact Cornell Cooperative Extension of Ulster County, 845-340-3990.

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