# **Choosing Strawberries**

What

When & Where

### **Strawberry**

Locally cultivated strawberries are normally available from late spring to mid and late summer.

WHAT TO LOOK FOR WHEN BUYING STRAWBERRIES?

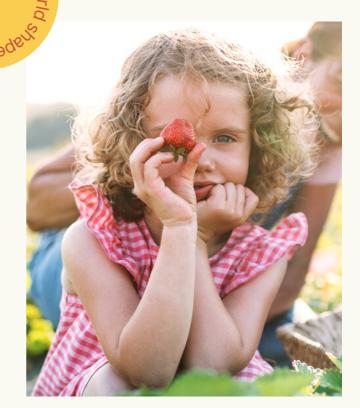
Strawberries are at the top of the list of foods with the highest pesticide content, so it is recommended to buy them organic.

SOME **INDICATORS** FOR BUYING **STRAWBERRIES** 

### **Choose strawberries that:**

- Have a bright red color and smell aromatic.
- Don't have visible bruising or soft, moldy spots.

Buy them from a **local store** (if possible) rather than a supermarket, as they won't have a negative impact on the environment and your health.



Make sure to **check** the **information on the label** or ask the seller where the strawberries **come from**.

How

ENJOY STRAWBERRIES
OUT-OF-SEASON

If you want to enjoy strawberries in a responsible way out of season, you can also freeze or can them!

Frozen strawberries are also a vitamin-rich alternative.

# **Choosing Rhubarb**

When

### Rhubarb

Rhubarb is usually harvested in early spring, when the plant is at its maximum splendor. Field-grown varieties are harvested from the beginning of April until the end of June.

What

WHAT TO LOOK FOR WHEN BUYING RHUBARB?

- Look for a medium-sized rhubarb with firm, crisp, shiny and plump stalks.
- Don't buy overly large stalks, as those are very fibrous.
- Ripe rhubarb is usually red.
- Rhubarb is usually sold
  without leaves. If you buy any
  with them, cut them off at
  home (the leaves are
  poisonous).

How

TO ENJOY RHUBARB OUT-OF-SEASON?



#### Frozen rhubarb

 Freeze small or individual pieces so that you can use them at once. Place the pieces side by side and freeze them for about 2 hours.

#### Canned rhubarb

 Cut the stalks into small pieces and use a sterilized jar. Leave some space at the top, ensuring that the rhubarb is completely sunk in (these can last up to 12 months in a cool pantry).