

# Choosing Strawberries

## 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.

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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?

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### 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).