

Virginia Foods

VIRGINIA FRUIT AND VEGETABLE AVAILABILITY CALENDAR www.virginiagrown.com

Strawberries are grown: APR MAY JUNE

Nutrition Facts:

Strawberries mainly consist of water (91%) and carbohydrates (7.7%). They contain only minor amounts of fat (0.3%) and protein (0.7%).

The nutrients in 3.5 ounces (100 grams) of raw strawberries ([3Trusted Source](#)) are:

Calories: 32

Water: 91%

Protein: 0.7 grams

Carbs: 7.7 grams

Sugar: 4.9 grams

Fiber: 2 grams

Fat: 0.3 grams



Strawberries' carbs consists mainly of fibers and simple sugars. They have a relatively low GI and should not cause big spikes in blood sugar levels.

Strawberries contain high amounts of beneficial plant compounds and antioxidants, such as pelargonidin, ellagic acid, ellagitannins, and procyanidins

“Consumers can expect a good fruit load on the plant, with flavorful, red berries,” said Dr. Jayesh Samtani, a small fruit specialist with Virginia Cooperative Extension. “We had a warmer November, which advanced plant growth and development. On some varieties, we could see a few ripe berries just before Christmas in coastal Virginia, but the winter season has kept the plants dormant, and this spring we are seeing good blooms and fruits.”

“So far it looks like we’ll have a good crop of strawberries,” In Nelson County, Anne Seamans Kidd of Seamans’ Orchard Inc. explained. “We did see some loss from the second frost that we had a couple weeks ago. For it to be a good growing season, we need the weather to stay warm and dry—hot and wet weather ruins strawberries quickly.”

by: [Kara Thompson](#) Updated: May 7, 2021

Make strawberries a part of your weekend. Find a local strawberry U-Pick farm, and combine exercise, nutrition and fun into one event. Your kids will love the experience.

Jennee Loflin, RDN
May 20, 2021