

Strawberries *Fragaria ananassa*

- ❖ Cultivated berries.
- ❖ Our berries come from regions in Sweden, Poland, Turkey, China and Morocco.
- ❖ There are many different varieties and sizes. Our food industry berries are mainly Senga Sengana and Tioga.
- ❖ The strawberries we grow ourselves for the fresh fruit market are mainly Honeoye, Malwina, Rumba and Sonata.
- ❖ We handle approximately 3,5 million liters of fresh strawberries yearly, everything goes to the fresh market.
- ❖ All varieties have different blooming and harvest periods, the season in Sweden lasts from May-August.
- ❖ The first garden strawberry was grown in France during the late 18th century.
- ❖ The fruit is not a botanical berry, but an aggregate accessory fruit (false fruit).
- ❖ Strawberries are a rich source of vitamin C and flavonoids.
- ❖ If not consumed fresh it's used for jams, all sorts of bakery, in dairy products, juices, smoothies and so on.
- ❖ Strawberries and cream is a popular dessert, famously consumed at Wimbledon.



	Unit	
Weight	g	100
Energy (kJ)	kJ	<u>140</u>
Energy (kcal)	kcal	<u>33</u>
Protein	g	<u>0,5</u>
Fat	g	<u>0,3</u>
Carbohydrate	g	<u>6,4</u>
Fibres	g	<u>1,4</u>
Ash	g	<u>0,4</u>
Water	g	<u>91,0</u>
Fat-soluble vitamins		
β-Carotene	µg	<u>18</u>
Vitamin E	mg	<u>0,04</u>

	Unit	
Water-soluble vitamins		
Riboflavin	mg	<u>0,05</u>
Vitamin C	mg	<u>35</u>
Vitamin B6	mg	<u>0,03</u>
Folate	µg	99
Minerals		
Phosphorus	mg	<u>28</u>
Iron	mg	<u>0,50</u>
Calcium	mg	<u>21</u>
Potassium	mg	<u>190</u>
Magnesium	mg	<u>15</u>
Sodium	mg	2
Zink	mg	<u>0,20</u>

Sources:

<http://linnaeus.nrm.se/flora/di/rosa/fraga/fragana.html>

<http://sv.wikipedia.org/wiki/Jordgubbe>

http://en.wikipedia.org/wiki/Fragaria_ananassa

<http://www7.slv.se/Naringssock/Naringsamnen.aspx>

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