

STRAWBERRIES *(Fragaria)*



Strawberries are a fruit that originates from Rome. They can be consumed raw and add sweet flavours to many recipes and are a source of Vitamin C and fibre. One cup of strawberries equates to one serve of fruit.

Plant between March and May in South East Queensland. Avoid planting in warmer months. Plant in full sun. Mulch base to provide barrier from soil.

Care by watering weekly at the base. Ensure mulch is maintained to prevent fruit from rotting.

Harvest once the fruit is plump and vibrant red. Take care when picking, cut the stem just above the fruit.

Store in the fridge. Can also be frozen in an airtight container.

Prepare by washing before use and removing green leaves.

Eat fresh or add to smoothies, desserts or breakfast.

Taste sweet, juicy and adds flavour to recipes.

STRAWBERRY BLISS BALLS

Recipe by Michelle Lipscomb & Georgia Refalo **3rd Year Nutrition Students**

These delicious bliss balls are sweet and creamy and are a perfect lunch box snack or breakfast on the run.

Preparation time: 15 minutes

Setting time: 30 minutes

Total time: 45 minutes

Serves: Makes 20-25 balls

Ingredients

1 cup raw cashews

1 ½ cup rolled oats

10 dates

200g fresh strawberries

¾ cup desiccated coconut, plus a little extra for rolling

3 tablespoons maple syrup

1 tablespoon chia seeds

1 tablespoon coconut oil

1 teaspoon vanilla extract

Method

1. Place all ingredients into the food processor or blender and mix until the mixture resembles a thick dough.
2. Prepare a baking tray with baking paper.
3. Take approximately one teaspoon of the mixture at a time and use palm of hand to roll into balls.
4. Add remaining coconut to bowl and roll balls through.
5. Leave in the freezer for 30 minutes.
6. Store bliss balls in an airtight container in the fridge for up to one week or freeze for up to one month.

Tips

- For a gluten free option, use lupin or quinoa flakes instead of oats.
- Blueberries can be used instead of strawberries.
- Swap maple syrup for honey.
- Swap chia seeds for alternative seed such as sunflower.
- Leave in fridge overnight to set for firmer consistency.



The Moving Feast

The following sources were used to inform this infographic:

1. University of Minnesota Extension. Growing Strawberries in the home garden [Internet]. 2018 [cited 2022 Aug 22]. Available from: <https://extension.umn.edu/fruit/growing-strawberries-home-garden>
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3. Husaini AM, Neri D, Aguado A, Baruzzi G, Cantoral JM, Capote N, et al. Strawberry: Growth, Development and Diseases. Oxford: CAB; 2016.
4. Yates. How To Grow Strawberries [Internet]. 2022 [cited 2022 Aug 29]. Available from: https://www.yates.com.au/how-to-grow/strawberry/?fbclid=IwAR1MDTx4Xm6mOTG34pzXGxhvNleMPQe36ECiYhynZmc3db_Vnl2WurEZ1cw