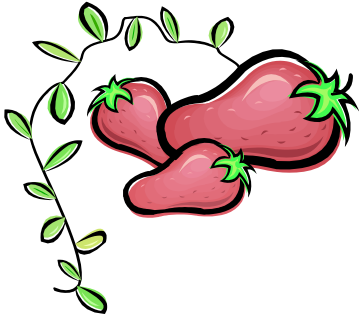


Eat Fresh Strawberries in June!



Strawberries are Umm, Umm...Good!

- _ Strawberries provide you with more than 93% of your daily needs for Vitamin C. And they are a good source of fiber too!
- _ Fresh strawberries are great eaten alone or top of low-fat or non-fat yogurt (plain or light is best).
- _ To keep your strawberries fresh loosely cover them and store in the refrigerator.
- _ Always rinse them with cool water just before eating.
- _ Try buying fresh strawberries from your local farmer's market this summer. Not only will you support local farmers, but it's likely they will taste better than most berries you could buy at the supermarket.