

MONTANA STRAWBERRIES



America's favorite berry Strawberries are a nutritious fruit that are high in fiber and antioxidants, and low in calories. They contain many vitamins and minerals, including vitamin C, potassium, and folate.

LOCAL SUPERFOOD

- Heart health: strawberries can help lower blood pressure and cholesterol levels.
- Immunity: vitamin C in strawberries can help strengthen the immune system.
- Skin health: vitamin C in strawberries can help boost collagen production and tone the skin.
- Brain health: their polyphenols may help protect the brain from neurodegenerative diseases.
- Weight loss: strawberries can help promote weight loss by increasing the production of fat-burning hormones.

GREAT IN FOOD, BEVERAGES

- Fresh consumption: eaten directly as a snack.
- Jams and preserves: used to make jams, jellies, and preserves due to their high pectin content.
- Desserts: incorporated into various desserts like cakes, pies, tarts, and ice cream.
- Smoothies and juices: blended into smoothies or made into fresh juice.
- Flavoring agent: used to flavor beverages, candies, and other food products.

VERSATILE INGREDIENT FOR PAIRING

- Strawberries are a good match with other berries like raspberries, blueberries, and blackberries in mixed berry desserts or salads.
- They pair well with citrus fruits, chocolate, vanilla.

- Basil, mint, rosemary, and thyme all offer aromatic notes that enhance the strawberry's flavor, particularly in desserts, salads, or even savory dishes.
- Balsamic vinegar, black pepper, walnuts, and spinach also pair well with strawberries, offering unique flavor combinations.
- Certain wines, like Pinot Noir, can complement the flavors of strawberries.
- Dairy products like yogurt, cream, and cheese.

HARVEST TIME LATE JUNE TO MID-OCT

In Montana we harvest strawberries longer than any other berry. They are picked fresh in late June to mid-October *give or take a few weeks*.

AVAILABLE YEAR ROUND

Whether fresh or frozen, Montana berry growers have supplies available until we sell out.

WHY BUY MONTANA BERRIES?

- Best berries around. Montana soils and climate help produce premium quality berries.
- Wonderful taste and health benefits.
- You directly support local growers. Our members run family-owned businesses and greatly appreciate you.
- You help create jobs and Montana grows stronger. Our whole community benefits.

**Buy Our Montana-Grown
Strawberries and Berry Products**



FIND YOUR LOCAL BERRY GROWERS AT:
montanaberries.org

Instagram: [instagram.com/mtberrygrowers](https://www.instagram.com/mtberrygrowers)

Facebook: [facebook.com/mtberrygrowersassociation](https://www.facebook.com/mtberrygrowersassociation)