

A Guide for Picking Strawberries



Pick fully red, ripe berries. Strawberries of most varieties reach their peak flavor when they are a deep red all over.



Pinch the stem when you pick. Don't pull or yank berries off.

Leave the caps on. Your berries will stay fresh longer. Remove caps only when ready to use the berries.

Handle gently. Try not to overfill or jostle containers.



Wash up. Wash your hands – and your children's hands – before picking. Wash your berries, just before you eat or prepare them.

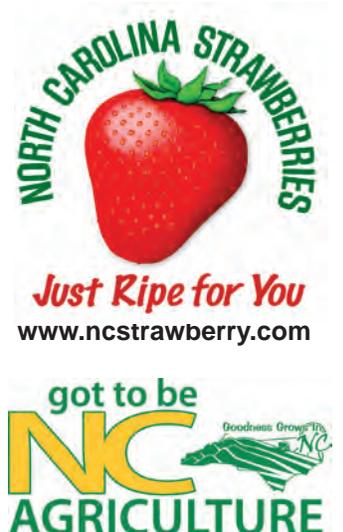


Be kind to the plants and fair to the farmer. Avoid stepping on plants or rows or trying to jump over the rows. Please don't pick the flowers – they are baby strawberries! Pay for your berries before you eat them.



Keep berries cool. Don't leave your berries in a hot car. Refrigerate them as soon as possible.

Enjoy delicious, nutritious, fresh-picked strawberries in many ways!



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