



(Cut out cards on dotted lines)

Yield 4 to 6 Servings

Strawberry Clouds

- 2 cups fresh Florida strawberries, rinsed, dried, hulled and sliced
- 1 lemon, zested and juiced
- 1 cup heavy cream
- 1 cup plain low-fat yogurt
- Powdered or superfine sugar to taste
- 1/2 cup light brown sugar

Preparation

In a chilled bowl, whip the cream and a tablespoon of the powdered sugar until soft peaks start to form. Slowly fold in the yogurt, adding only small amounts of the lemon juice and zest at a time. Taste as you go, adding more lemon or sugar if needed. In the bottom of six small bowls or one large bowl, add the sliced strawberries in an even layer on the bottom. Cover the strawberries with the whipped cream mixture, being careful not to compress the whipped mixture. Sprinkle the top with the light brown sugar and carefully smooth the sugar over with the back of a small spoon until the cream mixture is completely covered. Chill in the refrigerator for at least two hours until sugar forms a crust. Serve cold with whole strawberries on the side.



FLORIDA Strawberries



(Cut out cards on dotted lines)

Yield 4 Servings

Strawberry and Pecan Salad with Honey Dressing

- 1 cup Florida strawberries, rinsed, dried, hulled and sliced
- 1 ripe Florida avocado, sliced
- 3 cups salad greens (arugula, romaine, leaf lettuce)
- Toasted pecans
- 2 tablespoons olive oil
- 2 teaspoons natural Florida sugar
- 4 teaspoons Florida honey (tupelo, orange blossom)
- 1 tablespoon cider vinegar
- Juice from 1/2 lemon
- Kosher salt and fresh ground pepper to taste

Preparation

In a small bowl, whisk together sugar, olive oil, honey, vinegar and lemon juice. Taste vinaigrette for seasoning and adjust with salt and pepper. Arrange the salad greens in a serving bowl or on individual plates and add slices of avocado and strawberries on top. Lightly drizzle dressing to taste and then top with toasted pecans. Serve as soon as salad is complete.





Florida Strawberries

Florida is known for being the largest producer of strawberries during the winter, and the primary growing area is Plant City. Strawberries are available from November until the beginning of April, with peak months of production in February and March.

How to buy:

Choose strawberries that are plump, fragrant and firm, with no signs of bruising, leaking or mold on the bottom of the container and no greenish white shoulders at the stem.

Tips for storage:

It is always best to eat strawberries the day of purchase. The best way to store strawberries is to cook them into a sauce or jam. You can freeze strawberries by hulling, lightly washing and then drying them. Next, freeze them on a tray in a single layer before transferring them to a freezer bag with the date.

Cooking tips:

Never hull strawberries until they have been washed or they will absorb too much water and become mushy and waterlogged. There are many modern and traditional recipes for strawberries, but the best way to enjoy them is how nature intended - simply prepared and fresh.

Flavors well with:

Balsamic vinegar, cereal, cheese, chocolate, honey, mint

Nutrition info:

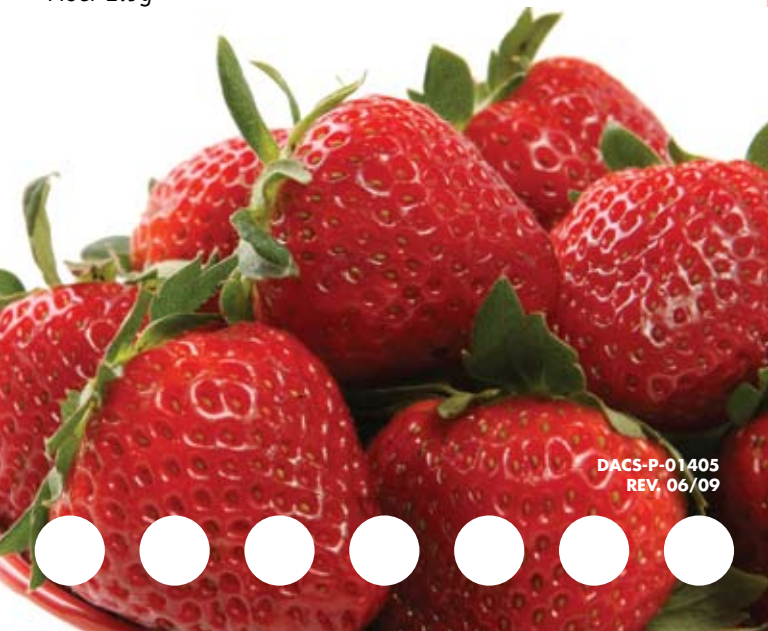
Serving Size: 144g (1 cup, whole) • Calories 49

Calories from fat 3.87g • Total Fat 0.43g

Total Carbohydrate 11.06g

Protein 0.96g

Fiber 2.9g



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Strawberry Clouds



Strawberry and Pecan Salad with Honey Dressing



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