

Guillermou

We are not better in Europe, with which we have the need to eat organic strawberries. Although the first country producing strawberries is the United States, especially California, where most of all sold in the country is harvested. Those grown in Huelva (Spain) represent 95% of those marketed in Spain and a very large part of those that reach European markets. In France, where many of them arrive, the NGO Générations futures, has carried out another investigation, the Expert II, in which it detected 93 different types of pesticides in 49 samples of strawberries, of which 23 came from Huelva. They tested positive on about 20 products, among which one was banned in Europe and two others were not authorized for this crop in our country.

The Romans were convinced that strawberries cure melancholy, fever, respiratory problems and disorders of the spleen and liver. In the Middle Ages they were offered as a sign of peace and prosperity in certain ceremonies and new research highlights that strawberries and large strawberries have phenolic acids, flavonoids and other bioactive compounds, which reduce inflammation and prevent diseases and interfere with the development of Carcinogenic cells.

Wild strawberries are almost no longer found, and most of those that reach the markets are cultivated, and mostly large strawberries. These were created by French botanists from crosses of various plants in the 18th century. They obtained it in the locality of Brest in 1776, working on a wild Californian variety and another Chilean one. The large strawberries belong to the family of roses and is the only fruit that has seeds on the outside. The flavor: that of the strawberry is more intense and a little acidic. The flavor of the strawberry is softer and pulling sweet. The strawberry season is very short, March and May. The large strawberry we can begin to see the first ones in the month of January and continue finding them until June or something more.

Posted On 04/24/2018

Epona777

My yard is covered with wild strawberries. They are so tiny, but so very flavorful. Most are the size of a small pea. Birds love them.

Posted On 04/24/2018

Guillermou

Hi Epona, In my youth I ate wild strawberries in the region of Extremadura (Spain). Now I would like to be a bird and fly the patio of you to return to taste that fabulous delicacy

Posted On 04/24/2018

Julianne

I never buy strawberries, but not only for the pesticides etc that are used to grow them. They are picked under ripe and are completely tasteless. My own strawberries are not a commercial variety - they vary in size and shape - but taste delicious. I hope to grow more of them next season.

Posted On 04/23/2018

sammy7

I intend never to buy another California strawberry. Had already made up my mind when I realized Florida strawberries are so much more tastier. Hopefully they don't use as much pesticides as California does.

Posted On 04/24/2018

Julianne

sammy 7, the Florida strawberries could be a completely different variety. I think that makes more of a difference than where they are grown.

Posted On 04/24/2018

grulla

Say "Sammy7", I just caught this TV news item about a FL strawberry farmer planning to use robotics to harvest his strawberry crop. I wonder if the robotics will also do the spraying...you think. :-(
www.cbsnews.com/news/artificial-intelligence-could-revolutionize-farmi..

Posted On 04/24/2018

braveheart51

I was surprised to see corn on the 'clean' list. It may be pesticide free but what about the GMO's? I believe it is a very small percentage of corn that is not GMO free and we have stayed away from it for that reason. Which is the lesser of 2 evils?

Posted On 04/24/2018

dpm39560

When we eat strawberries - not often because of their carb and glucose content - we always get them from our local farmers' market, and make sure they're organic. On the other hand, our avocados come from the grocery store. I sure wish avocados grew where I live - I'd plant a tree or two.

Posted On 04/24/2018

interestedone

if open minded, ayurvedic tip - strawberries are tridoshic (balance vata pitta kapha) if eating less than 10 per day - eating more elevates doshas (not such a good idea) also eat fruit alone according to ayurveda (almost always this applies - a few exceptions)

Posted On 04/24/2018

halcyon

Speaking of apples, I recently learned that supermarket apples (including organic) can be up to 10 months old!!! Yuck!

It's best to buy them in season (Aug. – Dec.).

Posted On 04/25/2018

ckozy

My strawberry's have zero pesticide residue. They are just starting to green up and will be blooming in a month.

I still have a couple of pounds in the freezer from last year. Grow your own.

Posted On 04/24/2018

Almond

RECIPE BELOW!!!

Thanks for the timely reminder. We don't get many strawberries--I guess that is relative. It only means that I do not always have at least 2 roaster pans full in the refrig as we do with other kinds of berries in-season. We will struggle for what berries we get just because we have not had time to give them an optimal place in the garden yet, due to higher priorities.

It seems we enjoy each fruit so much that we are sad when the season is almost over. -But there is always something new and wonderful coming on to soon make us forget.

Each season, at peak, I will make one extra special pie from each fruit. Not sure I will get to it this year, but a wonderful spring-time treat that must be eaten fresh is a wild strawberry pie. I will include the recipe even though I know most of you avoid sugar. (Poss substitute 1/4-1/3 t. stevia?) There is a time for "moderation in moderation"--when you have wild strawberries.

Bake and cool a pie crust--your choice. Combine until smooth and fill pie crust spreading evenly: 8 oz. cream cheese at room temp, 2 t. lemon juice plus 1 t. lemon zest, 1/4 c. sugar. Clean and hull wild strawberries, whatever you have, but at least 2 c. is nice. drain well. Combine with your choice of glaze--if homemade, you will need extra strawberries to make a glaze. Chill and plan to eat as soon as chilled. Or, you can chill separately and add the glazed strawberries last. Whipping cream optional as it is already so rich. But, if you plan a birthday pie... : -)

One of my fondest memories of eating wild strawberries was sitting on a hillside at Tok Alaska. There were so many within reach that I did not need to shift my position and they were huge. They were the most delicious strawberries I had ever eaten. Friends felt sorry for me not eating store-bought food instead. I was in pig-heaven! (I suppose there will always be people afraid of wild foods.) I also remember getting a tummy ache and no restrooms on that road.

Posted On 04/24/2018

Almond

P.S. RE RECIPE...

You can also substitute yogo cheese from homemade yogurt. Just make sure ti is thick and solid like cream cheese.

Chill the pie crust with filling firm before adding glazed berries.

Plan to eat the pie the same day. It will "weep" and not keep well. Best preserved in your memory.

Posted On 04/24/2018

Julianne

I would call that strawberry cheesecake.

Posted On 04/24/2018

mlredmond

I saw corn with less pesticides listed, but isn't it a GMO. Is anything healthy anymore?

Posted On 04/24/2018

beejay3

the GMO corn just has the pesticide inside it ... guess they think that's safer?! I can't find any corn locally that's not GMO except at farmer's market. I used to eat a lot of corn - no more. and I stay away from high fructose corn syrup as much as possible. read labels. even beets in jars have HCFS in them now! why?! I will not buy that crap.

Posted On 04/24/2018

Almond

You really do not know what you are eating unless you know the integrity of the person or company who provides your food.

Generally, we cannot afford the cost of good organic food from supermarkets. Our solution is to produce our own food. There are still a few items we buy, but not much. You will need to change your way of eating. You will find new foods to compensate for what you no longer buy, though. As long as it is delicious, people do not seem to mind making changes. It may seem a daunting task, but, if you start with an intensive 10' x 10' garden, you will be surprised at how fast it becomes familiar. If you do not have much yard, add a few more pots on a patio or balcony. (I just saw a craigslist posting where someone was asking for a garden spot nearby.) Eventually, you come to rely on your garden and pantry and become more and more confused by buying food in the supermarket. You are more willing to wait for food in-season than be disappointed by what is not fresh or out-of-season. You will also discover that you keep adding more garden space every year! ; -) Once you get healthy and your taste buds recover from the onslaught of ersatz foods, you will not want to sacrifice garden-grown produce for insipid store bought foods.

The best way to eat sweet corn is to start with organic nonGMO corn from your garden. Put your (salted?) kettle of water on the stove to boil--or get your rife going if you plan to roast it in the husks or husked. Only then, go out and pick your corn absolutely fresh. Natural sugars will break down within 30-60 minutes.

Families would be better off in many ways if they returned to traditional "bonding" activities, such as a day of fishing or a day of picnicking and berry-picking in the woods. Much harm has come to people who isolate themselves from nature.

As for fishing, most states have a day when you can fish-for-free without a license, one or 2 weekends a year. Check with Fish&Game or online and mark it on your calendar.

Posted On 04/24/2018

dauidle

Yes, if you can grow it yourself.

Posted On 04/01/2019

rrealrose

Not sure the above article clearly delineates regular fungicides being used to prevent rot in strawberries. After reading numerous berries and grapes articles (on Environmental Health News links) fungicide residue may or can or could be far worse, more damaging to human gut bugs, and with regular spraying, accumulating more than some pesticides being used. Here's a link to start with from our illustrious USDA: www.usda.gov/media/blog/2015/01/6/spraying-smarter-strengthens-strawbe...

Posted On 04/24/2018

davidle

Strawberries aren't that hard to grow. I guess washing them doesn't do much good to remove the pesticides?

Posted On 04/24/2018

beejay3

ever try to wash a strawberry?! haha If they're ripe they turn to mush and loose all their juices. If they're not ripe, who wants them?!

Posted On 04/24/2018

pin3132

davidle and they're saturated with nanoparticles. Go to any store or in your garden with 60-120X led lighted pocket microscope and see what's in the food supply. Only way you eat "organic" if you grow your food indoor, sad but true.

Posted On 04/25/2018

Blackcurrant

Carrots aren't mentioned as high in pesticides, but I've read they are, to combat the carrot root fly. I'd suspect the related crop, parsnip, for likely the same reason, but I'm guessing there

Posted On 04/24/2018
