

# NEW ZEALAND STRAWBERRIES

fresh  
produce  
new zealand



Vibrant red in colour, plump and firm to the touch, fresh summer Strawberries are a popular and refreshing snack.

The perfect balance of sweetness and acidity give this bona-fide superfood their mouth-wateringly juicy flavour and aroma.

With countless uses for Strawberries, it's one of the most versatile foods. They are delicious fresh from the hand, tossed through salads, paired with seafood / meats, added to smoothies, baked into cakes, pies or tarts; the options are endless.

## AVAILABILITY

JAN FEB MAR APR MAY JUN JUL AUG SEP **OCT** NOV DEC

## PACK

12 x 250g | 8 x 1lb (454g)

## VARIETY

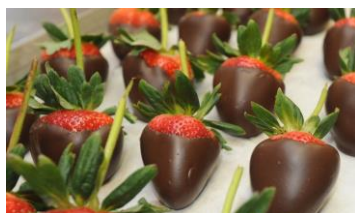
Long Stem | Short Stem

Strawberries are nutrient-rich and packed with vitamins, and particularly high levels of antioxidants. They are an excellent source of vitamin C, A and manganese, and offer good levels of folate and potassium.

Their impressive range of health benefits include protection against skin damage, lowered risk of chronic diseases such as cancer and cardiovascular disease and improved brain health. Strawberries are a low GI food and high in fibre, which helps to regulate blood sugar and keep it stable by avoiding extreme highs and lows.



**GROWING REGION**  
Auckland



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