



*Weekly News from Berry Science  
and the Superfruits Industry*

# *June is Strawberry Month*

*Three Research Advances*



Strawberry (*Fragaria vesca*)

[follow the [Wikipedia](#) links]

Read three previous essays on strawberries

[2008](#) *click*

[2007](#), 2-part series

Grown in numerous temperate and subtropical world regions, strawberries are among the most loved of all fruits.

Strawberry meets many of the criteria to be near the top of the [superfruits list](#), including

1. according to the United Nations **FAOSTAT**, about 4 million tons of strawberries were produced in 2008, indicating its wide popularity (the United States alone produced > 1.1 million tons, most of it California)
2. high in **prebiotic fiber**, antioxidant vitamin C, dietary minerals, **phytosterols** and contains **resveratrol**
3. rich in phytochemical content - high in **polyphenols** (skin and pulp anthocyanins, particularly pelargonidin, and ellagic acid and ellagitannins in the **achenes**, the seeds)
4. over 1000 total research reports in the medical literature, a topic of considerable research effort by independent scientists
5. involved in **clinical trials** to demonstrate lowered disease risk by including strawberries in the human diet



### *3 New Research Directions for Strawberries*

#### 1. Breeding

**Transgenic strawberry: state of the art for improved traits.** *click for research abstract!*

##### Highlights

- increasing resistance to viruses, fungi, insects
- more effective herbicides
- better stress tolerance
- achieving better fruit quality (color, size, taste, fragrance)

#### 2. Use in the Diet to Lower Blood Cholesterol

**The effect of strawberries in a cholesterol-lowering dietary portfolio.** *click for research abstract!*

##### Highlights

- reduces oxidative damage to blood lipids (possibly deterring lipid deposits in the cardiovascular system)
- increases taste and adherence to a lipid-lowering diet

### 3. Storage and Preservation

**Chitosan: antimicrobial activity and potential applications for preserving minimally processed strawberries.** *click for research abstract!*

#### Highlights

- **chitosan** coating inhibited the growth of microorganisms and improved the stability of the fruit
- when the samples were packaged in modified atmosphere (high percentage of oxygen), fruit color was improved



The yellow seeds of a strawberry are called 'achenes'.

*Read about them here, click!*

*Check out the  
new Archives just for superfruit essays, click!*

#### Twitter for Superfruits News

We're starting a new online update feature using **Twitter**, a free micro-blogging service where we can periodically broadcast news updates on berries and superfruits.

Twitter is simply a "short message service" (**SMS**), just 140 characters for quickly broadcasting a message to our educational network of subscribers for the Berry Doctor's Journal. SMS is the same technology as cell phone texting, short messages being used by over 2 billion people. It's the fastest growing network service on the internet.

And you can reply using Twitter to stimulate a conversation or follow-up question.

To give Twitter a try and receive these news capsules -- even on your cell phone! -- go to [Twitter.com](https://twitter.com) and sign up with your own name or handle.

Then visit [twitter.com/superfruitsbook](https://twitter.com/superfruitsbook) where you need to click on "Follow" to be linked into Berry Doctor "tweets" on superfruit news.

***MAIN ARCHIVES*** ([click!](#))

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