

Reviews and Abstracts

VITAMIN C CONTENT OF STRAWBERRIES

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Strawberries are equal to citrus in vitamin C content. A 3½ ounce serving (about 1/6 quart) is generally considered adequate for the daily requirement per person.

The following table illustrates the variation in vitamin C content of berries ripening under different conditions.

	Vitamin C Content, Mg. per 100 grams fruit
Berries ripening in sun	63.8
Berries ripening in shade	57.8
Berries ripening in clear weather.....	63.3
Berries ripening in cloudy weather....	59.5
Spring crop everbearers (June 10)....	61.0
Fall crop everbearers (Sept. 25).....	44.6

Variation Between Varieties

There is a considerable variation between the vitamin C content of different varieties as shown by the following data.

	Vitamin C Content, Mg. per 100 grams fruit
Fairfax	66.2
Burgundy	65.4
Mastodon	64.5
Dunlap	64.0
Premier	56.3
Gem	55.7
Aberdeen	49.1
Pathfinder	49.1
Average.....	58.8

On the basis of the above information the author suggests that strawberry varieties with long, erect fruit stems be selected, that the planting be located in full sunlight, that plants be spaced to avoid a crowded condition, and that weeds be eliminated to reduce shading.

—W.P.J.



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