
REVIEWS and ABSTRACTS

BREEDING STRAWBERRIES FOR HIGH VITAMIN C CONTENT

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This article indicates that strawberries are a much richer source of vitamin C (ascorbic acid) than other fruits commonly grown in the region of New York state. The average vitamin C content of 37 named varieties was 62 milligrams per 100 grams of fruit. On the basis of these tests about 1/5 to 1/6 quart of strawberries would supply the 75 milligrams of vitamin C which is recommended by the National Research Council as the minimum daily allowance per person.

To appreciate the true value of strawberries, they should be compared with other fruits which are usually recommended as a source of this vitamin. A 100 gram serving of oranges supplies 35 to 55 milligrams of vitamin C, grapefruit 35 to 40 mgs., tomatoes 15 to 30 mgs., and apples 5 to 15 mgs.

The amount of vitamin C present in strawberries varies with different varieties and is highest in fruit which have ripened in the sun and lowest in fruit which ripened in the shade or during



cloudy weather. The amount found in different varieties is indicated in the following table.

Variety	Vitamin C content Mg. per 100 grams fruit
	81
	75
	75
	70
	65
	68
	65
	64
	63
	62
	58
	55
	54
	49
	49
	41
	62

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