

## 5 signs of delicious fresh strawberries

Choosing delicious strawberries is not easy. Here are 5 ways to choose strawberries to help you answer this question right away. Invite you to consult!

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**Strawberries are** not only a delicious fruit, but they also contain many healthy nutrients, such as magnesium, potassium and antioxidants. However, choosing delicious strawberries is not easy. Here are **5 ways to choose fresh strawberries** to help you answer this question right away. Invite you to consult!

### 1. Scent



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The first and most important thing when choosing strawberries is its scent, so put it on your nose and smell it. Delicious berries are fruit with a characteristic aroma, should not choose berries with a fragrant aroma because it

can be grown with chemicals.

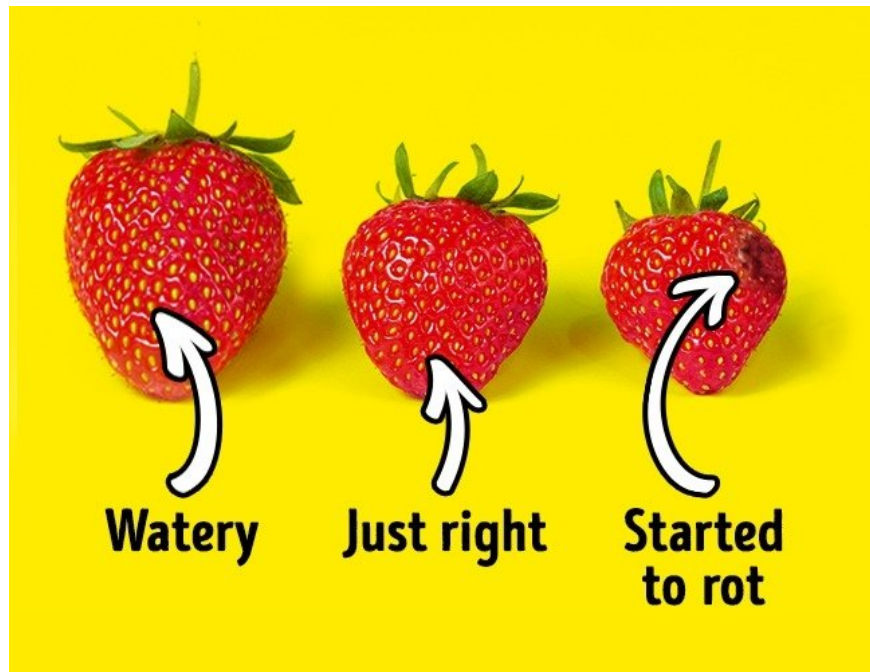
## 2. Colors



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Quality strawberries are usually **bright red and shiny** . Dark red strawberries should be considered carefully because it is possible that sellers added artificial colors to them. Also, do not buy fruits with green spots because strawberries when picked down will not continue to ripen.

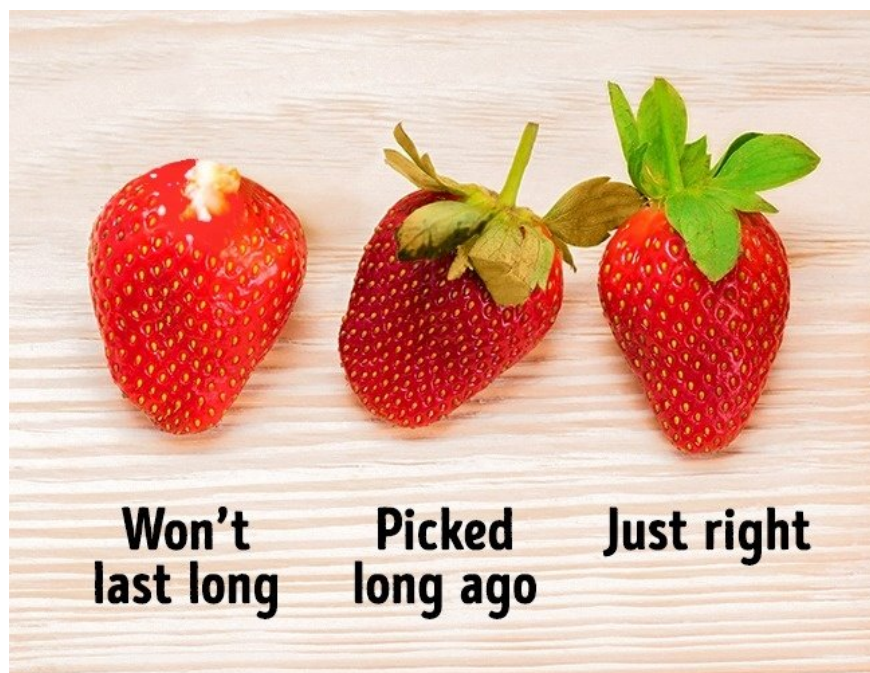
## 3. Shape and size



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The shape and size of strawberries depends on their variety, so there is no general advice on this. Just don't be irritated by the big berries that are too big because they are probably filled with water. Pay attention to the different signs on berries, if dark spots appear, they are starting to rot.

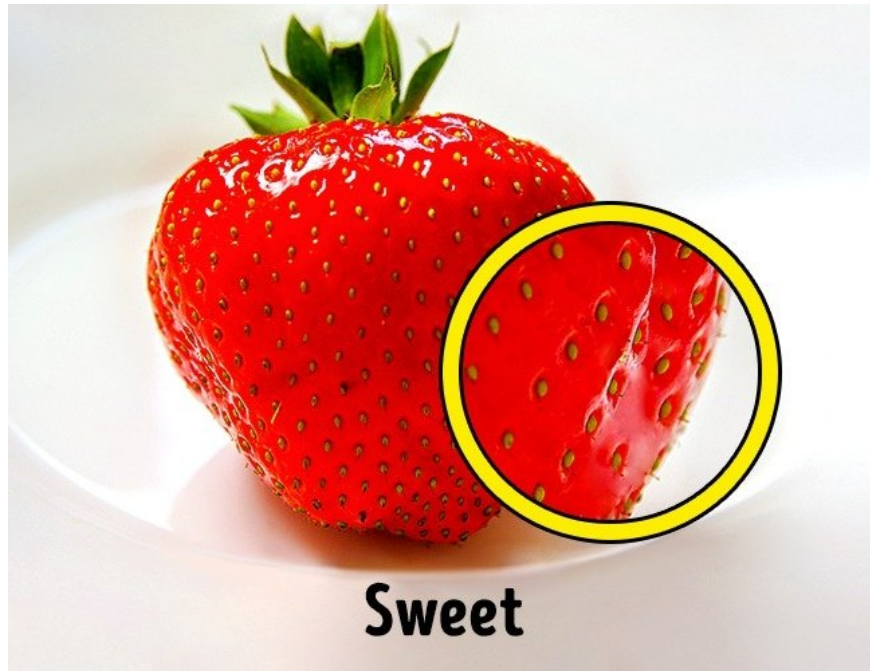
#### 4. Part of leaf in stalk



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**The leafy part of the strawberry stem** can also tell you a lot about its quality. First, you should choose the fruits that are still in the stalks and the green ones. Secondly, if you see that the leaves are dry or yellow, it means that these berries have been sold on the shelves for a few days, of course they should not be bought. The last advice is for you: if there is a gap between the leaves in the stalk and the berries, then it will probably be sweeter.

## 5. Particles



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The farther apart the particles are, the more they are planted in a deeper position and are the sweeter fruits. Although this special trick doesn't have scientific evidence, why don't you try it? What about the tips for choosing a delicious strawberry?

Strawberries are fruits that contain lots of vitamins, minerals, anti-aging and stress relief. Therefore, do not because of the difficulty when choosing but ignore the extremely good fruit for this health!

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