Abstract:

Strawberries are a good dietary source of folate and are of interest because of their importance as raw material for the Swedish food industry. The aim of this study was to quantify the total folate content in strawberries, after different conditions of storage, at different grades of ripeness and in different cultivars, using a strictly controlled RPBA-kit, optimised for food analysis. In the study fresh strawberries were stored imitating commercial conditions no losses of folate could be observed. Regarding ripeness, the highest folate concentration was found in unripe strawberries, which differed significantly from ripe and overripe. A significant variation ($p<0.01$) was found for six different cultivars. All results are given for both fresh and dry matter in order to exclude interference from possible variations in water content.