

— STRAWBERRIES —

What are they?

- Strawberries come in over 600 different varieties.
- They are a member of the rose family.
- The flavor of a strawberry is influenced by both the variety and the weather it is grown in.
- Ripe strawberries will have a bright red color with a leafy green top.
- The average strawberry has about 200 tiny seeds on its surface.



When are they available?

- Harvested locally around the month of June.
- They are grown in every state in the U.S., which helps make them available year round.



What's so cool about them?

- About half of seven to nine year olds consider strawberries their favorite fruit.
- The Roman Goddess of Love named Venus is symbolized by strawberries because of their red color and heart shape.
- Old legends say that you will fall in love with the opposite gender if you break a double strawberry in half together.
- If each strawberry grown in California was laid side by side, they would be able to wrap around the world 15 times.

Why should I eat them?

- Strawberries are an excellent source of Vitamin C, which helps boost your immune system and promote wound healing and collagen formation.
- * Strawberries are also a great source of Manganese, which promotes bone density and healing.
- Strawberries contain fiber, which helps lower bad cholesterol and promotes digestion, and folate, which helps prevent heart disease.

