

Sweet Strawberries



Fun facts

Strawberries grew wild in Italy as early as 234 BC. They were discovered in what is now Virginia in 1588 by European explorers. There are three varieties of strawberry plants; June-bearing, day neutral and everbearing. Each produces berries in about 30 days after flowering. From these three types of plants there are more than 600 different varieties of strawberry grown. Each has its own look and characteristics such as shape, size, and color. Strawberries can be red, maroon, yellow, and even off-white.

Strawberry Knowledge

What is the only fruit with the seeds on the outside?

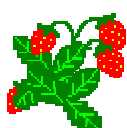
- Blackberries
- Kiwi fruit
- Bananas
- Strawberries

How many seeds are on the average strawberry?

- 100
- 50
- 75
- 200



Strawberries are a great source of vitamin C. All 50 states produce strawberries, however, California produces the most.



Strawberry

Nutrition Facts

Serving Size

½ cup (about 8 medium berries) (148g)

Amount Per Serving

Calories 22 Calories from Fat
0

%Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate **2%**

5g

Dietary Fiber 2g **8%**

Sugars 4g

Protein 0g

Vitamin A <1% **Vitamin C 68%**

Calcium 1% **Iron 0%**

Potassium 5%

*Percent Daily Values are based on a 2,000 calorie diet.