



STRAWBERRIES

Approximate Season:
Mid May – Early/Mid June



Did you know?

- On average, there are about 200 seeds in each strawberry.
- There is a museum in Belgium just for strawberries.
- 70% of a strawberry's roots are located in the top three inches of soil.
- Strawberries are members of the rose family.
- Strawberry shortcake was developed by early American settlers, who were introduced to strawberries by Native Americans, who showed them how to crush the berries and bake them into cornmeal.
- Strawberries are now part of a small group of food who have had their entire genome (DNA data) mapped out by scientists.
- The part of the strawberry that you eat isn't actually a berry, but rather an enlarged receptacle of the flower.

Health Benefits:

- Eight strawberries will provide 140 percent of the recommended daily intake of Vitamin C for kids (and more Vitamin C than a whole orange!)
- Strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food
- Strawberries are an excellent source of the trace mineral manganese, which is essential for maintaining healthy bone structure, absorbing calcium, creating enzymes that build bone and a host of other benefits.
- Strawberries are very high in antioxidants, which can help guard against several diseases, including cancer.

Serving Ideas:

- To freeze strawberries, the easiest way to enjoy them during the winter months is to simply de-hull the berries and place them on a cookie sheet before placing them in the freezer. After they've frozen, then toss them in a sealed container or plastic bag.
- Serve on top of shortcake with some whipped cream for a summer treat.
- Mix strawberries into a smoothie or add to a protein shake.
- Slice up some strawberries and add them to cereal for a delicious and nutritious start to the day.
- Dip strawberries into chocolate for a delicious dessert.
- Strawberries make great ingredients for pies, crisps, tarts, and parfaits.