

Strawberries



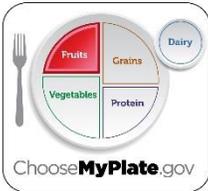
May is National Strawberry Month.

Sweet, juicy and delicious, strawberries are the most popular berry. This heart-shaped fruit is packed with nutrients so be sure to try local strawberries in May!

USES AND TIPS

Select shiny, firm strawberries with a bright red color and fresh green caps. Avoid shriveled or mushy berries and those with signs of mold. Store in the refrigerator to 1-3 days and wash just before use.

Fresh strawberries are a great snack by themselves, or add them to a fruit or green salad, smoothie or yogurt parfait. Top hot or cold cereal, pancakes or waffles with fresh strawberries and enjoy the natural sweetness!



NUTRITION NOTES

- About eight large strawberries equals 1 cup of fruit.
- One cup of strawberry halves contains 49 calories, no fat, and 3 grams of fiber.
- Strawberries contain **potassium** (*needed for muscle and nerve function*), **folate** (*helps body cells work*) and are a great source of **vitamin C** (*supports a healthy immune system*).

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

On average, there are 200 seeds on a strawberry.

Strawberries grow on low-lying plants that spread by runners, which are stems that grow out and produce a new plant.

One cup of strawberries has more vitamin C than one cup of orange juice.

Strawberries are a member of the rose family and they aren't really a fruit or a berry, but the enlarged receptacle of the flower.

Strawberries are the only fruit with seeds on the outside.

Strawberries are native to Europe; however, they are now cultivated all over the world.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Strawberries are in season in Georgia from April through June.
- In 2015, the top three Georgia counties producing strawberries were Hall, Appling and Wilcox.
- Strawberries need well-drained soil and full sun to grow. They are ready to harvest about 30-45 days after flowering.
- In Georgia, much of the strawberry production is from small, family-owned farms. Visit a farm to pick your own strawberries!



Georgia Department of Education School Nutrition Program