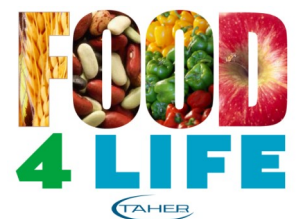




# STRAWBERRIES

History/Origin

- ☆ Strawberries were cultivated by **Romans** as early as **200 BC** and in medieval times.
- ☆ **Native American Indians** were already eating strawberries when the colonists arrived.
- ☆ In **1780**, the first strawberry hybrid, "Hudson," was developed in the United States.
- ☆ The **U.S. is the top producing country** of strawberries, followed by Spain. California satisfies 80% of the strawberry requirements of the nation.





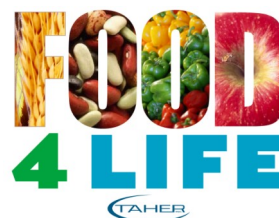
- ☆ The modern strawberries of today belong to the genus *Fragaria*.
- ☆ Strawberries are in the **same family as the rose**.
- ☆ There are **over 20 named species** of strawberries.
- ☆ Strawberries grow close to the ground and spread by sending out **runners**.
- ☆ **Berries** are borne in clusters underneath the leaves.



Nutrition

# STRAWBERRIES

- ☆ The strawberry is a very **healthy fruit**:
  - ★ Rich in Vitamin C ~ ounce for ounce, it has more Vitamin C than citrus fruit;
  - ★ Good source of folic acid ~ a key ingredient in the manufacture of red blood cells;
  - ★ Very good source of fiber; and
  - ★ Low in saturated fat, cholesterol and sodium.
- ☆ 1 cup of strawberries contains about 45 calories.





Fun Facts

# STRAWBERRIES

- ☆ Strawberries are the **first fruit to ripen** in spring.
- ☆ The strawberry is the only fruit with the **seeds on the outside of the fruit**.
- ☆ On average, there are **200 seeds** in a strawberry.
- ☆ The **flavor** of a strawberry is influenced by weather, the variety, and stage of ripeness when harvested.
- ☆ Over 53% of 7-9 year-olds picked strawberries as their **favorite fruit**.

