

Pick a better snack™



Strawberry

Strawberries should be bright red. The average strawberry has 200 tiny seeds on the outside. The leaf "cap" is removed before eating.

Strawberries are fruit which grow on plants.

Wild strawberries have been known since the times of the Greeks and Romans. The strawberries native to the Americas were bigger than European strawberries.

Strawberries are the most popular of all berries. However, strawberries are not a "true" berry.

California grows 83% of the strawberries grown in the United States.

VARIETIES

There are more than 70 varieties of strawberries. Strawberries are usually available almost year-round, with peak season from April to July.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium and fiber

USES

Strawberries are usually eaten raw. Eat whole as a great snack. Add to fruit salads, smoothies and cereal. Use as a topping for ice cream, pancakes or waffles. Strawberry shortcake is very popular.

Strawberries are grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

