

Strawberries



Strawberry Facts

- Strawberries grow on a plant that is very low to the ground.
- Every strawberry has approximately 200 tiny seeds.
- The strawberry is the only fruit with seeds on the outside rather than on the inside.
- Ripe strawberries are red and can sometimes have a heart shape.
- Eight strawberries contain 140% of a child's recommended daily intake for vitamin C and are a sweet and a healthy snack.
- Once a strawberry is picked, it won't ripen any further.
- Did you know you should keep strawberries in the refrigerator after you purchase them in order to keep them from molding?
- New Jersey strawberries are available from late May to early July.
- Because they are so delicate, strawberries are picked by hand.
- Strawberries are a popular addition to dairy products such as ice cream, milkshakes, yogurt and smoothies.
- California produces 75% of the United States' strawberries, producing nearly one billion pounds of strawberries per year. *(If you were to lay each berry that California produces side by side, they would go around the world 15 times.)*
- Strawberries are grown in every state in the U.S..
- American Indians used to crush berries and mix with cornmeal and bake into strawberry bread.
- Early colonists tried the Indians' strawberry bread and then developed their version of the recipe and created strawberry shortcake.

