ALL ABOUT STRAWBERRIES





WHERE DO STRAWBERRIES GROW?

Strawberries grow from small plants which have green leaves and white or pink flowers. They grow from the flowers and sit on the ground once they ripen. Strawberries grow best in sunny areas.

STRAWBERRIES IN SOUTH DAKOTA

Strawberries can be grown in most areas in South Dakota. Three basic types of strawberries grown in South Dakota are: Junebearing, Everbearing and Day-Neutral.

WHAT IS A STRAWBERRY?

A strawberry is a bright red, sweet fruit that grows on a small plant close to the ground. They are not actually berries but are part of the rose family.



HEALTH BENEFITS OF STRAWBERRIES

Strawberries are full of vitamin C. They are also high in fiber and antioxidants. Strawberries are low in calories and mostly made up of water.

FUN FACTS

- Strawberries are the only fruit that have their seeds on the outside.
- Strawberries have over 200 seeds.
- The average American eats about 3.5 pounds of strawberries every year!
- Strawberries were used as a symbol of love in ancient Rome because of their heart shape and sweetness.
- There is a museum in Belgium just for strawberries.
- A strawberry flower averages 5 to 7 petals.
- They are the first fruit to ripen in the spring.
- Strawberries can be used to whiten teeth.

Nutrition Facts

Portion Size	**152 g**
Amount Per Portion	
Calories	**49**
	% Daily Value *
Total Fat 0.5g	**1 %**
Sodium 1.5mg	**0 %**
Total Carbohydrate 12g	**4 %**
Dietary Fiber 3g	**11 %**
Sugar 7.4g	
Protein 1g	**2 %**
Vitamin D 0mcg	0 %
Calcium 24mg	2 %
Iron 0.6mg	3 %
Potassium 233mg	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

Farm to School
SOUTH DAKOTA

WHERE DO STRAWBERRIES COME FROM?

Strawberries are native to both North and South America as well as Europe. Native Americans used strawberries in many foods, and European settlers brought different types of strawberries to America.

