

# SNACKBite

## Strawberry



- Although grown all around the world, the US is the leading producer accounting for over 1,300,000 tons.
- Sometimes called the “inside-out fruit” because its seeds, light specks on the surface, are on the outside. The average strawberry has 200 seeds!
- The name strawberry comes from the fact that strawberry plants are frequently mulched with straw to protect their delicate roots.
- The berry’s Vitamin C protects us from infections and bruising, aids in healing, and keeps our gums healthy.
- Strawberries can be available year round. Peak season in the United States is May to July with May being National Strawberry Month.
- Anthocyanins contribute the blue, red, and purple pigments of this berry and may help with maintaining brain and healthy immune function.
- Strawberries change colors as they ripen. They start as green and go from white to pink and finally to red when they are ripe and ready to be harvested.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.