Strawberries

- Strawberries are red, juicy and taste sweet.
- There are approximately 200 seeds on each Strawberry.
- While California produces 75% of the strawberries in the US, they are grown in every state!
- In California, strawberries grow all year long, not just during the summer!
- Strawberries, while considered a fruit, are technically a member of the rose family.
- Strawberries are packed with vitamin C which helps to keep you from getting sick. They are also good for your brain, joints, and eyes.
- There are approximately 600 varieties of strawberries worldwide.
- You can eat strawberries by themselves or in ice cream, jams, jellies, juices or even dried.
- The history of the strawberry dates back to ancient Rome.

Click here for a fun video about strawberries!

OKCPS School Nutrition Services