

FOOD FACTS

Strawberries



NUTRITION

- Strawberries are a great source of vitamin C. Ounce for ounce, strawberries have more vitamin C than most citrus fruits.
- Vitamin C helps to boost your immune system.

DYK

- The average strawberry has 200 tiny black seeds on it. It is the only fruit to carry its seeds on the outside!
- Strawberries are a member of the rose family.
- Strawberries are grown in every state!
- If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times.

PREPARATION & STORAGE

- Strawberries lose nutrients, especially vitamin C, the longer they are stored. Buy smaller portions of strawberries to eat in order to obtain the maximum nutritional benefits.
- Make strawberry ice cubes for a fun drink. Puree some strawberries, pour it in an ice cube tray and put it in the freezer. Use the cubes in smoothies or to add flavor to a drink.

Strawberry Salsa

Ingredients:

- 1 lb strawberry
- ½ English cucumber
- 2 jalapeno
- 1 mango
- 1/2 red onion
- 1 cup chopped parsley
- 1 lemon
- salt and pepper

1. Chopped the strawberry, cucumber, mango flesh, onion into small pieces.
2. Remove the jalapeno seed if you preferred. Slice it into rings.
3. Zest the lemon and cut and squeeze the lemon juice.
4. Put all ingredients into a serving bowl, add lemon juice, salt, and pepper. Chill for at least 20 minutes.

