

Strawberries



- One serving of about eight strawberries provides more Vitamin C than an orange.
- Strawberries at room temperature are sweeter than cold strawberries.



- Each American eats 3.4 pounds of fresh strawberries each year.
- The strawberry is a member of the rose family.

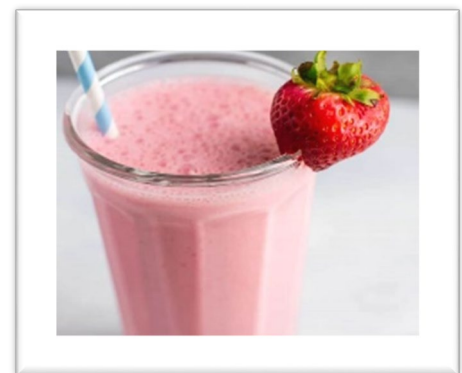
- American Indians made corn bread with crushed strawberries and cornmeal and introduced this to the early Colonists. This served as an inspiration for Colonists to make strawberry shortcake.



Smoothie Time!

Ingredients:

- 1 cup vanilla yogurt
- $\frac{1}{2}$ cup fresh strawberries (sliced)
- $\frac{1}{2}$ banana (sliced)
- $\frac{1}{2}$ cup milk
- 1 cup of ice



1. Add all ingredients to blender, blend until smooth.

Joke Corner:

