



Strawberry



The earliest accounts of strawberries were of wild berries growing in ancient Rome around 200 BC. When the first European settlers arrived in Virginia in 1588, they discovered wild strawberries growing and being eaten by the American Indians. But it wasn't until around 1700 that work really began to cross wild varieties and improve growing conditions to develop a sweeter and larger berry.

Over 80% of the strawberries produced in the United States are grown in California. Over 1 billion pounds of strawberries are produced there each year!



Fun Facts

- Strawberries technically are not true berries—their seeds are on the outside!
- Each strawberry has approximately 200 seeds on the outside.
- Legend says that if you break a double-strawberry in half with someone, you will fall in love with that person!



Strawberries are a great source of vitamin C, folic acid and fiber. Five or six strawberries provide 100% of the vitamin C you need for the whole day!

Scrumptious Strawberry Banana Smoothie

Ingredients:

- 1/2 cup strawberries
- 1 medium banana
- 1/2 cup low-fat vanilla yogurt
- 3/4 cup orange juice



Directions:

1. Place all ingredients in a blender, close lid, and blend until smooth.
2. Divide between 2 glasses. Enjoy!