



STRAWBERRIES

DID YOU KNOW?

- Strawberries are available year-round, with peak season in the spring and summer.
- Strawberries release a fragrant, fruity aroma and must be picked when mature, as they will not continue to ripen after being harvested. Depending on the variety, they can be syrupy-sweet, fruity, sweet-tart, candy-like, to sweet with balanced acidity.
- Strawberries are a source of vitamin C to strengthen the immune system, fiber to regulate the digestive tract, and vitamin A to maintain healthy organ functioning.

FUN FACT!

Strawberries sold in commercial markets are descendants of wild strawberry species that have been growing wild since ancient times. Experts believe there were approximately 5 to 6 wild species naturally growing in temperate regions of North America, .



Visit [fcsnutrition.com](https://www.fcsnutrition.com) for menus and more info!

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.