

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# STRAWBERRIES



Strawberries are one of the first fruits to ripen in the spring. Most people do not know they are cousins to roses! They are a great source of vitamin C and contain more than an orange. According to research, the average American consumes approximately 8 pounds of fresh strawberries per year. California produces 80% of strawberries in the United States. The fear of strawberries is called fragariaphobia. Strawberries come from a plant called 'fragaria'.

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