

# HARVEST OF THE MONTH

# Strawberries

While strawberries are one of the most popular summertime fruits, they are actually quite different from other fruits. First of all, they are not really berries. As a matter of fact, they aren't even fruits; they are simply the enlarged end of a plant's stamen. Also, their seeds are on the outside which is opposite of all other true fruits.

Despite the misconception, strawberries are the first "fruit" to ripen in the springtime, and they are consumed in 94 percent of all American households. So even though they aren't true fruits, they are America's favorite fruit.



Nutrition Facts		
Serving Size 1 cup, halves 152g (152 g)		
Servings per container 1		
Amount Per Serving		
Calories 49	Calories from Fat 4	
% Daily Value*		
Total Fat 0g		1%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 2mg		0%
Total Carbohydrate 12g		4%
Dietary Fiber 3g		12%
Sugars 7g		
Protein 1g		
Vitamin A	0% • Vitamin C	149%
Calcium	2% • Iron	3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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**Did you know?**  
The average American eats more than 5 pounds of strawberries in one year!