

# Harvest of the Month

## Strawberries

Calories

49

Total Fat

0g

1  
Cup

Sodium

2mg

Sugars

7g

## FUN FACTS:

Strawberries come in all sizes. The smallest varieties are usually the sweetest.

California, the major producer, grows over 2 billion pounds of strawberries a year.

Strawberries are the only fruit that wear their seeds on the outside. On the average, there are 200 edible seeds on each strawberry.

Rinse strawberries with the stem on or stem side down to keep the nutrients from washing away.

This institution is an equal opportunity provider.

