Strawberry

What am I?

Strawberries are a fruit that are among the most popular fruits, and the most popular berry. It is sweet and juice when picked at the right time.

How do I grow?

- Strawberries need full sun to grow and grow on a bush.
- Strawberry season in Wisconsin is from May to June.
- Look for berries that are glossy, fragrant, and deeply colored.

Nutrition Facts

Strawberries are high in vitamin C, fiber, and potassium. Vitamin C helps your body absorb iron, helps with skin, and preventing inflammation. Eat strawberries as a snack, in smoothies, or on top of cereal.

Fun Facts

- Strawberries are technically not berries due to their seeds being on the outside.
- There are approximately 200 little seeds on each strawberry.
- There are over 600 varieties of strawberries.

WISCONSIN DEPARTMENT OF
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