



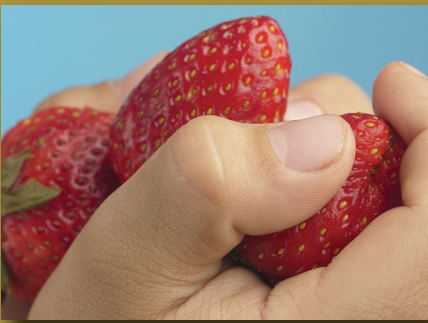
Hey kids, become a **FOOD EXPLORER** and check this out!

Strawberries



Did you know...?

- Strawberries are the first fruit ready to eat in the spring. There are about 70 pick-your-own strawberry farms in Massachusetts.
- The strawberry is the only fruit that carries its seeds on the outside. Each strawberry has about 200 seeds.
- Strawberries are a member of the rose family.
- At one time, people used fresh strawberries as a toothpaste. The juice helped whiten stained teeth.
- Native Americans made a type of strawberry bread. The settlers liked it and turned the recipe into strawberry shortcake.



DELICIOUS AND NUTRITIOUS

One cup of strawberries provides fiber and more vitamin C than you need in a day. Vitamin C helps our bodies fight infection and heal cuts and scrapes.

A SUPER SNACK IDEA

Try a strawberry smacker: Spread a thin layer of light cream cheese on a graham cracker. Top with strawberry slices and enjoy.

STRAWBERRY HUMOR

Why did the elephant paint his toenails red?
So he wouldn't be found in the strawberry patch.