

# Louisiana HARVEST *of the* MONTH



## Strawberries

### Fun Facts About Strawberries!

- Strawberries are Louisiana's state fruit.
- Wash berries just before eating. Excess moisture during storage can encourage molding.
- The seeds on the outsides of strawberries are actually the fruit! On average, there are 200 on every strawberry.

### Strawberries Are Nutritious and Good for You!

- Good source of fiber.
- Excellent source of vitamin C.
- Good source of manganese.



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