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.