



# Strawberries

**Strawberries** are short plants that are related to roses. They produce white flowers and they are the only fruit that has seeds on the outside. Strawberries are nutritious fruits and are full of vitamins. A cup of strawberries will provide nearly 150 percent of your Vitamin C for the day. To get the most vitamins out of strawberries you should eat them raw. They are a good source of minerals especially manganese and have only about 50 calories per cup. The flavor of a strawberry depends on the variety, the ripeness and the weather during the time it was growing.



In the United States, 75% of strawberries grown commercially come from California, with Florida the second biggest supplier. California strawberries are available year round and peak production is in the spring. California grows about a billion pounds of strawberries every year. The strawberry growing season in Florida, meanwhile, stretches from December to May, with March and April the peak months.

When ripe, strawberries are bright red, juicy and very sweet. Strawberries are delicate, therefore requiring gentle handling to prevent bruising.

Both conventional and organic strawberries are available year round depending on the growing region.

Strawberries are available in the following packages: 12x250g clamshells, 8x1lb clamshells, 4x1lb long stem, 8x400g clamshells. Other packs may be available upon request.

## AVAILABILITY

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Florida	✓	✓	✓									✓
Mexico	✓	✓	✓	✓						✓	✓	✓