Strawberries

A multiple fruit

What nutrients are found here?

Antioxidants, Fiber, Folate,
Vitamin C, Manganese, & Potassium

What do those nutrients do in my body?

- Support heart, brain, immune, skin, & gut health.
- Support tissue growth, cell & nerve functioning.
- Can help lower cholesterol, blood pressure, & inflammation.

How/Where can I grow my own strawberries?

- In the ground, in a raised bed, and in a large pot/tub.
- Strawberries thrive in direct sunlight & are perennials.
- Perennials come back each year if the roots stay healthy.

How should I store freshly picked strawberries?

- Place unwashed berries on a dry towel in a shallow vented container. Then place in the fridge or freezer for later use.

How can I eat strawberries?

- Any way you want!
- Eat them fresh
- Dipped in chocolate
- Mixed in desserts, oatmeal

