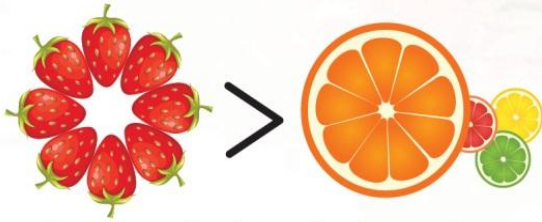


Berry Nutritious



8 medium-sized strawberries contain more vitamin C than citrus fruit (like an orange)

Vitamin C boosts your immune system to keep you feeling good. The high amount found in strawberries has been linked to reduced risk of cancer, suppressing the progression of tumors and maintaining healthy weight



12 or more strawberries each day helps keep your vision clear



Potassium makes strawberries good at regulating blood pressure and keeping your heart healthy



Strawberries can also slow the effects of aging and keep your skin wrinkle-free

Fun Facts



A strawberry's sweetness comes from the sun, while moisture affects the size ...
More moisture = bigger strawberries!

Strawberries are the first fruit to ripen in the spring. Blueberries and raspberries typically ripen just as strawberry season wraps up
keep your eye out!



The average Minnesotan eats about 5 lbs. of strawberries per year!



Picking Tips



Call your grower ahead of time to make sure the berries haven't been picked out!



Wear comfortable shoes



Pick with the stem and cap intact to keep berries fresh



Bring a hat, sunscreen, and water

Check if your grower provides containers or plan to bring your own

All information was compiled from Minnesota Grown members, the University of Minnesota Extension, and the USDA