



# Strawberry Fun Facts

- Strawberries are the **first fruit** to ripen in the spring.
- The flavor of strawberries is influenced by the **weather, variety** and **stage of ripeness** when they are harvested.
- **94%** of U.S. households consume strawberries, and over **53%** of 7 to 9 year olds picked strawberries as their favorite fruit.
  - Strawberries are grown in all **50 states** in the U.S.
- **One cup** of strawberries is only **55 calories**, and **8 strawberries** will provide **140%** of the recommended daily intake of Vitamin C for kids.
  - On average, Americans eat **3.4 lbs. of fresh** strawberries each year, and another **1.8 lbs of frozen**.