

Find out
about:

Strawberries



Strawberries are different to other fruit because they have their seeds on the outside, not the inside, with each berry having as many as 200 seeds!



All those seeds mean that strawberries contain lots of fibre. A handful of strawberries also gives us lots of vitamin C and counts as one of your 5 A Day.



Strawberries belong to the rose family of plants and are in season in the UK for about six months between May and October.



The tiny wild strawberries, that you might find in your gardens, have been eaten since Roman times when they were also used as medicines. The bigger juicy strawberries we eat today are known as 'garden strawberries' and became very popular with the Victorians. Apparently, strawberries were popular more than four hundred years ago, in the time of Henry VIII, and that is when they were first eaten with cream!

Try
something
NEW!

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**Try some
strawberries
and get your
sticker!**

