



## Strawberry Facts

- Unlike other fruits, strawberries wear their seeds on the outside. A strawberry usually has around 200 seeds!
- Strawberries aren't really berries like the blueberry or grape - this is because berries have seeds on the inside.
- There are more than 30 varieties of strawberries grown in the UK and each variety has its own taste, shape and colour.
- Strawberries are seriously healthy! They're packed with vitamin C, B6, potassium, fibre, folic acid and amino acids. A handful of strawberries has more vitamin C than an orange.
- Strawberries are low in calories, making them a very healthy snack
- Strawberries are a perennial plant. This means if you plant one now, it will continue to come back each year for around five year.
- The strawberry plant is a member of the rose family

