

# May Fruit – Strawberries!

## Did You Know?

- An average strawberry contains about 200 seeds!
- Americans love their strawberries – nearly all U.S. households have them at some point throughout the year.
- California produces about 75% of the strawberries grown in the U.S. – nearly 1 billion pounds each year!
- If you plan to store strawberries, wait to rinse them until just before eating – this helps increase storage life and prevent molding.
- Strawberries contain just about the same amount of Vitamin C and Fiber as oranges!



## Strawberry Spinach Salad

- 2 Tbsp Balsamic Vinaigrette
- 2 cup Spinach
- 1 Hardboiled egg
- ¼ cup Apples
- 1 Tbsp Feta cheese
- ¼ cup Strawberries

1. Place 2 cups of spinach on plate
2. Chop apples and add ¼ cup on top of spinach. Slice strawberries and add ¼ cup on top of spinach.
3. Slice hardboiled egg and put 1 egg on top of salad. Add 1 tbsp of feta cheese.

*\*Tip – Serve with a whole grain!*



**Beautiful strawberries  
ready for meal service!**

Poudre School District Child Nutrition Recipe!