May
Harvest of the Month
Strawberries

Illustration by Whitney McDermott, City Schoolyard Garden, Charlottesville

Try Strawberries at Home!

Health and Nutrition

Strawberries are not only delicious, but a fantastic source of Vitamin A, Vitamin C, Vitamin E, Manganese, and Potassium.

One cup of strawberries contains over 100% of your recommended intake of Vitamin C! Vitamin C helps your body fight off infections and can help increase the absorption of iron from foods.

Did YOU Know?

The average strawberry has 200 seeds coating the outside of it!

Reading Together

Check out our featured book: *The First Strawberries* by Joseph Bruchac

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