

# STRAWBERRY

## HARVEST OF THE MONTH

### Simply Strawberry

Strawberries are the only fruit with the seeds on the outside. They are also the first fruit to ripen in the Spring!

May



### So Strawberry

Any Shape  
Bright Red  
Buy local for  
best flavor  
Buy in season

### Nutrient Content

Vitamin C helps  
fight infection and  
sickness.  
Fiber keeps you full  
for a longer period  
of time.