

Mississippi Farm to School

Mississippi Grown. Mississippi Good.



Strawberries are an excellent way to eat healthy!

Strawberries are packed with nutrients and antioxidants to boost the immune system, reduce the risk of cancer, and help skin look younger. They are also a good source for heart health, the digestive system, and maintaining a healthy weight.



Strawberries are grown in Mississippi on family farms like that of Allen & Janice Eubanks from Lucedale, MS.

FUN FACTS

- On average, there are about 200 seeds in each strawberry.
- The American Indians were already eating strawberries when the Colonists arrived. The crushed berries were mixed with cornmeal and baked into strawberry bread. After trying this bread, Colonists developed their own version of the recipe and Strawberry Shortcake was created.
- Once for ounce, strawberries have more vitamin C than citrus fruit.

As a member of the rose family, strawberries are the only fruit with seeds on the outside rather than the inside.