

# STRAWBERRY

## FACT FILE

### HISTORY

- Strawberries were cultivated by the Romans over 2000 years ago
- In medieval times strawberry and soured cream soup was traditionally served to husband and wife on their wedding day
- In the 16th century strawberries were sold in cone-shaped straw baskets. This was one of the earliest packaged foods

### WHY STRAWBERRIES ARE GOOD FOR YOU

- Strawberries contain more vitamin C than oranges and are high in fibre
- Strawberries are low in calories and a good source of folic acid



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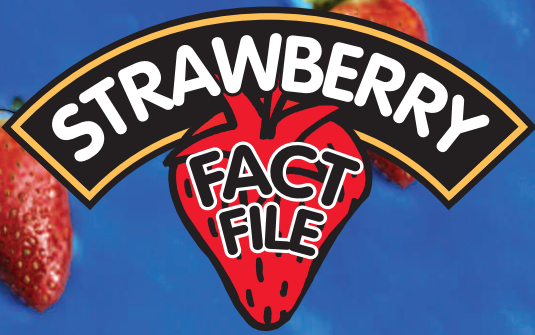
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## DID YOU KNOW

- Kent produces more than 50% of the highest quality of strawberries grown in the United Kingdom
- Kent has 5 different strawberry varieties – Elsanta, Everest, Flaminco, Diamante and Jubilee. The table shows when each variety is in season.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Elsanta					✓	✓	✓	✓	✓			
Everest												
Flaminco							✓	✓	✓			
Diamante				✓	✓	✓	✓	✓	✓			
Jubilee					✓	✓	✓	✓	✓	✓		



### SIMPLE RECIPE

Always wash strawberries before you eat them.

For a simple but delicious and healthy snack chop a handful of strawberries into small pieces and add them to natural yoghurt

Flavours of the region