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In 2023 world production of strawberries exceeded ten million tons led by China with 40% of the total. Strawberries have appeared in literature and art from Roman times. Virgil wrote about the snake lurking beneath the strawberry an image reinterpreted by later writers including Shakespeare. Mar 27 2019 Strawberries are bright red, juicy and sweet.

They're an excellent source of vitamin C and manganese and also contain decent amounts of folate, vitamin B9 and potassium. Strawberries are very Aug 7 2025. Strawberries are a sweet fruit low in sugar and calories but high in fiber, vitamin C and other antioxidants that support your health.

As part of a nutritious diet, strawberries may lessen Sep 9 2025. Strawberries like other berries are rich in vitamins, minerals, fiber and compounds with antioxidant and anti-inflammatory properties.

As part of a nutritious diet, they may help prevent May 12 2025. Strawberries are more than just sweet and juicy; they're packed with vitamin C, folate and fiber.

These nutrients may boost immunity, support blood sugar control, aid healing and help protect against conditions like diabetes and heart disease. Apr 4 2025. When it comes to flavor, home-grown strawberries are hard to beat! Learn how to plant, grow and harvest strawberries in your garden with this growing guide from The Old Farmer's Almanac. Strawberries are native to the temperate regions of the Northern Hemisphere and cultivated varieties are widely grown throughout the world.

The fruits are rich in vitamin C and are commonly eaten fresh as a dessert fruit. They are used as a pastry or pie filling and may be preserved in many ways.

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