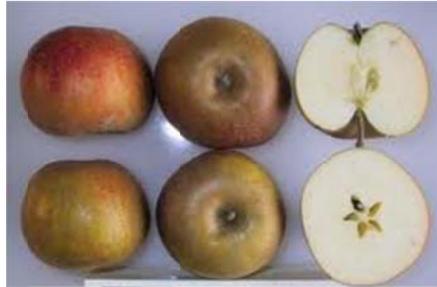


Blueberries!



Apples!



Strawberries!



Oranges!



Grapes!



Pineapples!



Here are 10 fun facts about strawberries!

- One serving of strawberries has more vitamin C than an orange.
- The green "hat" that tops the strawberry is known as the calyx.
- Almost every strawberry that is eaten in the United States is hand-picked by someone in California.
- Strawberries, while considered a fruit, are technically a member of the rose family.
- Some people say that strawberries were named a long time ago by English children who picked the berries, strung them on grass straws and sold them as "Straws of Berries."
- Last year, almost 2 BILLION pounds of strawberries were harvested in California. Do you know what a billion pounds looks like?
- It's estimated that if you lined up all the California strawberries produced throughout the year that they would circle the earth 15 times.
- In California, strawberries grow all year long, not just during the summer!
- Each strawberry has about 200 seeds and each of these yellow seeds is technically an individual fruit.
- Strawberries like to grow where people like to live - in weather that is not too cold and not too hot.

Information: www.californiastrawberries.com

Here are 10 Fun Facts about Pineapple!

- Caribbean Indians placed pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality.
- In a Caribbean rite of manhood, barefoot youths ran through pineapple plantings.
- Select pineapples with a nice fragrant smell.
- Fresh pineapple is an excellent source of vitamin C which can help strengthen your immune system.
- Pineapple also contains a special enzyme, called bromelain, which helps the body's digestive system.
- Pineapple is a tropical fruit native to Central and South America.
- The scientific name for pineapple is *Ananas Cosmosus*.
- The Spanish explorers thought pineapple looked like a pine cone, so they called it "Pina." The English added "apple" to associate it with juicy delectable fruits.
- Pineapples like lots of sun and grow well in tropical regions around the world.
- Pineapples are grown from the crowns or tops of other pineapples.

Information: www.dole.com and www.fruitsandveggiesmatter.gov

Here are 10 fun facts about apples!

- Apples are fat free and sodium free.
- Apples contain natural sugars called fructose.
- The fiber in apples helps reduce cholesterol and aids in digestion.
- Apples contain no artificial colors or flavors.
- Apples are a convenient, satisfying snack you can take anywhere.
- 25% of an apple's volume is air, that's why it floats.
- It takes the energy from 50 leaves to produce one apple.
- At room temperature, apples ripen or soften 10 times faster than if they were refrigerated.
- The science of growing apples is called pomology.
- Archeologists have found evidence that humans have been enjoying apples for more than 8,500 year!

Here are 10 Fun Facts about Grapes!

- Some of the oldest species of grapes date back to as early as 6000 B.C.E. in the region between the Black and Caspian Sea.
- Grapes are grown and harvested in Africa, Asia, Australia, Europe and North and South America.
- Ninety-seven percent of the grapes consumed in the United States are grown in California.
- Currently there are more than 50 varieties of grapes grown in California.
- Spanish explorers brought grapes to California almost 300 years ago.
- Spanish explorers brought grapes to California almost 300 years ago.
- In 1839, William Wolfskill was the first farmer to ship fresh grapes to towns in Northern California.
- Grapes are about 80 percent water
- Grapes also add fiber to the diet and are naturally low in sodium.
- Look for firm, plump, well-colored clusters of grapes that are securely attached to their green stems. Fully ripe grapes are soft and tender.

Information: www.dole.com and www.fruitsandveggiesmatter.gov

Here are 10 fun facts about blueberries

- Blueberries belong to the Ericaceae family of plants, which includes cranberry, azalea, rhododendron, and heather plants.
- Blueberries grow in clusters on bushes.
- The scientific name for blueberries is *Vaccinium Myrtillis*.
- Did you know that blueberries were once called "star berries?" That's because of the star-shaped formation on their skin left from the flower that formed the fruit.
- Blueberry season lasts from mid-April to late September, beginning in the southern states and moving north as the season progresses.
- Blueberries are a good source of vitamin C and vitamin K.
- The Spanish word for blueberry is arandano.
- One half cup of blueberries counts as 1 serving and contains just 40 calories.
- Blueberries get their intense blue color from anthocyanins, substances that may reduce risk of heart disease in humans.
- Blueberries are one of the most popular berries in America, second only to strawberries.

Information: www.dole.com

Here are 10 Quick Facts about Oranges!

- Oranges are highly valued for their vitamin C content.
- Whole fruit contains fiber
- The fruit is technically a hesperidium, a kind of berry.
- Did you know that oranges picked higher up in the tree are usually sweeter than those picked closer to the ground?
- When picking out a yummy orange, choose one that is heavy for its size.
- Oranges are a Superfood for your Brain because of the vitamin C, folate and contain antioxidant phytonutrients that support a healthy brain.
- Dating back thousandsof years, the orange was probably grown by the Chinese as early as 2500 B.C.E..
- The orange first ventured across the Atlantic Ocean in 1493 with Christopher Columbus.
- Sweet favorites include the Blood, Hamlin, Jaffa, Navel, Pineapple and Valencia
- 9 out of 10 oranges produced in Florida are used to make juice; California grows more of the oranges we eat!

Information: www.dole.com and www.fruitsandveggiesmatter.gov