



Berry Trivia



- The strawberry belongs to the genus “Fragaria” in the rose family along with apples and plums.
- Botanists do not classify the Strawberry as a true berry. True berries, such as Blueberries and Cranberries have seeds inside. The fleshy part of the Strawberry, however, has its dry, yellow “seeds” on the outside, each of which is actually considered a separate fruit.
- Early American colonists made grey paint by boiling Blueberries in milk.
- Native Americans called the fragrant fruit “heart-seed berries” and pounded them into their traditional corn-meal bread. Discovering the great taste of the Native Americans’ bread, colonists decided to create their own version which became an American favorite called...Strawberry Shortcake.
- The blue paint used to paint woodwork in Shaker houses was made from blueberry skins, indigo and sage blossoms mixed in milk.
- There is a legend that Strawberries were named in the nineteenth-century by English children who picked the fruit, strung them on grass straws and sold them as “Straws of berries”. Another theory is the name was derived from the nineteenth-century practice of placing straw around the growing berry plants to protect the ripening fruit (a practice still used by many farms today).
- The Blueberry is the second most popular berry in the United States, and the Strawberry is number one.
- Blueberries are related to azaleas, camellias, heather and rhododendrons.
- Eight medium-sized strawberries contain 140% of the U.S. RDA for Vitamin C and are good sources of folic acid, potassium and fiber.
- The most favorite muffin in the United States is the Blueberry Muffin.
- Blueberries and Huckleberries are related!
- Blueberries, Cranberries and Concord Grapes are the three native North American berries.
- Did you know that when you cross a Raspberry with a Blackberry you get....a Loganberry (produced by James H. Logan in 1881).