

Strawberry



Strawberries are an excellent source of vitamin C, a natural antioxidant. It also contains Vitamin A and E and other minerals such as potassium, iron, copper, and iodine.



Strawberries are not locally grown in Hawaii, and are usually imported from the mainland.

Unlike other fruits, the seeds of strawberries are found on the outside on the skin rather than inside.



Strawberries are grown on bushes. The quality of strawberry production decline after a few years, and are required to be replanted.