



## Jagode (*Fragaria sp.*)



Jagode su bogate vitaminom C. Plod je zapravo skup sitnih oraščića na mesnatoj podlozi. Vrlo su popularne u prehrani jer na 100g sadrže svega 32 kalorije pa su dobre za osobe na redukcijskoj prehrani. Lako se uzgajaju u vrtovima i na balkonima.

Zanimljivo je da jedna biljka može dati više plodova tijekom sezone. Jagode su također omiljena hrana mnogim životinjama, uključujući ptice i male sisavce.

Strawberries are rich in vitamin C. The fruit is actually a collection of tiny seeds on a fleshy base. They're very popular in the diet because they contain only about 32 calories per 100 grams, making them a great choice for people trying to reduce their calorie intake.

They're easy to grow in gardens and even on balconies. Interestingly, a single plant can produce multiple fruits throughout the season. Strawberries are also a favorite food for many animals, including birds and small mammals.