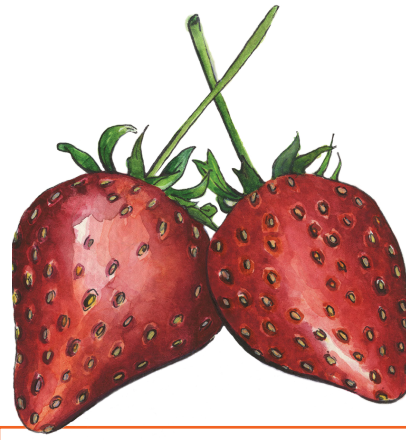


# HARVEST of the MONTH STRAWBERRIES



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:  
[massfarmtoschool.org/hotm](http://massfarmtoschool.org/hotm)

Strawberries are the first locally-grown fruit of the year to ripen, as sign of the bounty yet to come! They are full of vitamin C, fiber, and antioxidants and low in calories.

## Healthy Serving Ideas

- Make a yogurt parfait with strawberries & granola.
- Try a strawberry salsa: Chop strawberries, and kiwi or avocado, red onion, cilantro, jalapeno, and lime juice. Serve with tortilla chips.
- After washing the berries and removing the green caps, use them to infuse water for a refreshing, healthy drink!
- Make strawberry-orange ice pops: blend 1 cup of strawberries with 1 cup of orange juice and pour into popsicle molds, or paper cups with popsicle sticks, & set in the freezer.

## Fun Facts

It takes 30 days for each strawberry to grow from flower to fruit.

There are 7 towns named "Strawberry," 6 in the United States and 1 in Jamaica.

## At-Home Activity

**Mindful Eating:** *the practice of paying close attention to your food and how you are eating it*

Answer these questions by writing or drawing:

Did you notice anything new about the strawberry that you ate?

Were you excited to eat the food while smelling it? Did it feel satisfying to eat the food?

Was this different from how you normally eat? How so?

Source: *Edible Schoolyard*

## Where to Find Local Strawberries

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

## Harvest of the Month Book Club

Gr. K-5: [Watch a Strawberry Grow](#) by Kirsten Chang

Gr. 6-8: [Omnivore's Dilemma: Young Readers Edition](#)

by Michael Pollen

Gr. 9-12: [Braiding Sweetgrass](#) by Robin Wall Kimmerer



*Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.*

## Strawberry Purchasing Pointers

Look for plump berries with a rich color, bright green caps, and a sweet smell.

Store unwashed berries in the fridge in a perforated container for up to 3 days, but it is best to eat them as soon as possible!

Gently wash berries with cool water with the caps still intact.

July Preview: Cucumbers!