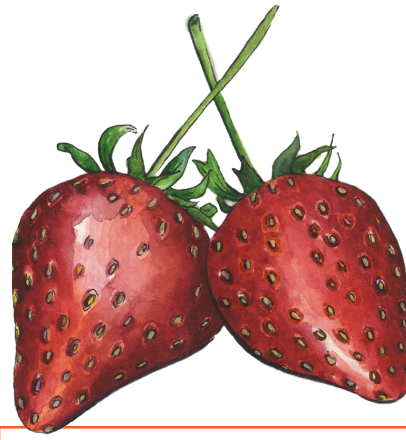


HARVEST of the MONTH STRAWBERRIES



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

Strawberries are the first locally-grown fruit of the year to ripen, a sign of the bounty yet to come!

Healthy Serving Ideas

Yogurt Parfait: Combine yogurt with strawberries & granola.

Strawberry Salsa: Chop strawberries, kiwi, avocado, red onion, cilantro, jalapeno, and lime juice and mix together. Serve with tortilla chips.

Strawberry-Orange Ice Pops: Blend 1 cup of strawberries with 1 cup of orange juice. Pour into popsicle molds, or paper cups with popsicle sticks, and 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 are in the United States and 1 is in Jamaica.

At-Home Activity

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

Eat a strawberry and answer these questions by writing or drawing:

- Did you notice anything new about the strawberry that you ate? Describe its color and size.
- Smell the strawberry before taking a bite. What does it smell like? How did taking a bite make you feel?
- Was this different from how you normally eat? How?

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



MASSACHUSETTS



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 leafy tops, and a sweet smell.
- Store unwashed berries in the fridge in a container for up to 3 days. It is best to eat them as soon as possible!
- Gently wash berries with cool water with their green tops still on.

July Preview: Cucumbers!