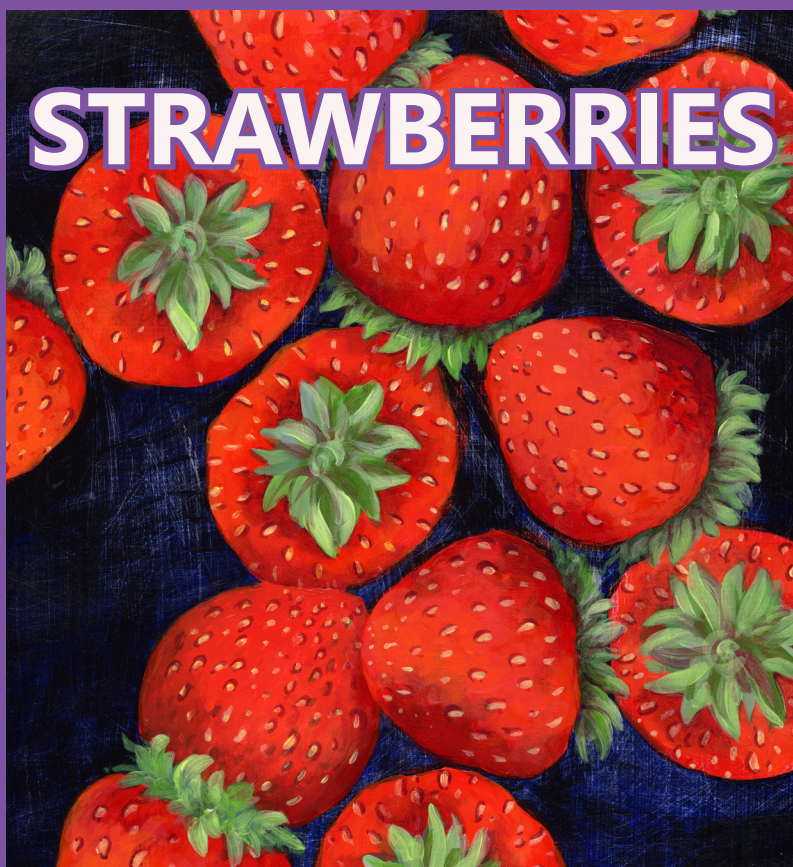


Harvest of the Month



Local Highlight

The start of June is when local strawberries begin to show up at farmers markets, but peak harvest comes a bit later in the summer. We sourced this month's fruit from California.

Literature Links

- *Strawberry Moon*, poem by Dr. Duke Redbird, Ojibwe, Saugeen First Nation
- *I LOVE Strawberries!*, by Shannon Anderson
- *Berry Magic*, by Teri Sloat

Joke Corner

Q: Who scared the strawberry?

A: The boo-berry.

Q: What do you call strawberries playing the guitar?

A: A jam session!

Q: What is a scarecrow's favorite snack?

A: Straw-berries!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Harvest of the Month



STRAWBERRIES

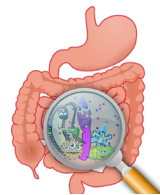
Fragaria ananassa



Spanish: la fresa, la frutilla
Hmong: txiv pos nphuab

Nutrition Power

Strawberries are an excellent source of fiber and vitamin C.



Fiber

helps your digestion!



Vitamin C

helps you heal and prevents bruising!

History

Strawberries are native to many areas of the world with temperate climates, including parts of North America. Wild sand and woodland strawberries are found in California. Native Americans ate wild strawberries long before Europeans arrived.



Wild strawberries are much smaller than the varieties cultivated today, most of which are hybrids developed from the native Virginia strawberry and a species from Chile. California and Florida are the two top producers of strawberries in the U.S.

Did You Know?

- ❑ Part we eat: It's complicated! The fleshy part of the strawberry develops from the receptacle, the part of the plant that connects the flower to the stem. The small hard pieces on the surface (called achenes) are technically fruits, each with their own tiny seed inside.
- ❑ The strawberry belongs to the genus *Fragaria* which comes from the Latin word for fragrant.
- ❑ Strawberries have more vitamin C per serving than an orange!
- ❑ Strawberries should be eaten at room temperature. They are sweeter than cold strawberries!

