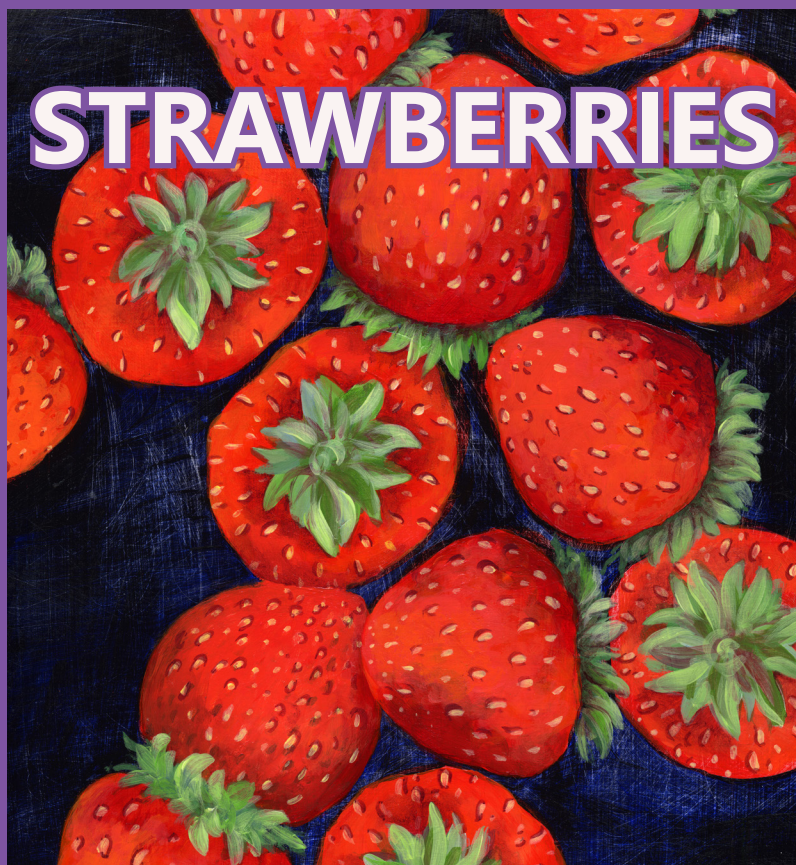


Harvest of the Month



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.

Language Links

English: strawberries

Scientific Name (Latin):
Fragaria ananassa

Spanish: las fresas, las frutillas

Hmong: txiv pos nphuab

Joke Corner

Who scared the strawberry?

The boo-berry.

What do you call strawberries playing the guitar?

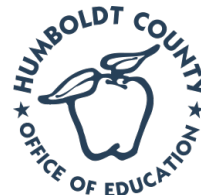
A jam session!

What is a scarecrow's favorite snack?

Straw-berries!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

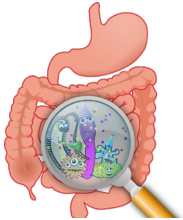


STRAWBERRIES



Nutrition Power

Strawberries are an excellent source of fiber and vitamin C.



Fiber
helps your
digestion!



Vitamin C
helps you heal and
prevents bruising!

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. Strawberries also aren't technically true berries, but we call them that anyway!
- ❑ The strawberry belongs to the genus *Fragaria* which comes from the Latin word for fragrant!
- ❑ 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.
- ❑ The first full moon of June is called the Strawberry Moon by some Native American tribes in the Northeastern U.S. because it marks the month when strawberries start to ripen.
- ❑ 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.
- ❑ Strawberries have more vitamin C per serving than an orange!



STRAWBERRIES



Pollination

Most of the strawberry plants we grow in our garden can self-pollinate, meaning that they don't actually need insects to pollinate them to produce berries. However, insect pollination is important for the quality of the berries. Strawberry flowers that are pollinated by insects usually turn into bigger and better formed strawberries!

- The most important insect pollinators of strawberries are hover flies and bees.
- Poor pollination the fruit can end up small and/or misshapen



Activity Ideas

1. If you have strawberries in your school garden, explore the transformation from flower to mature strawberry!
 - Find examples of a flower, a flower swelling and forming a tiny green strawberry, larger strawberries turning color, and a ripe strawberry. Draw the different stages.
 - Mark a specific flower that is starting to swell and visit it every day to see how quickly it develops into a strawberry.
2. Learn more about pollinators and their relationship to flowers! Follow the "Flower Power, Part Two" activity from the Interdependence and Garden Ecology section of *The Growing Classroom* by Life Lab.

Tasting

- Eat strawberries on their own. Compare to wild strawberries.
- Make a smoothie.
- Make a spinach salad with strawberries.
- Make fruit kebobs.

