

Harvest of the Month



STRAWBERRIES



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** the strawberries.
2. **MAKE** - No recipe this month. Enjoy the strawberries!
3. **LEARN** about strawberries with the information below.



Fun Facts

- Wild strawberries grow on beaches and in woodlands of California.
- Garden strawberries can be planted in spring. Choose everbearing or day-neutral varieties (rather than June-bearing) to get fruit in the first year. Albion and Seascape are popular among local farmers.
- Strawberries should be eaten at room temperature. They are sweeter than cold strawberries!
- Strawberries have more vitamin C per serving than an orange!

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: How does an elephant hide in a strawberry patch?

A: It paints its toenails red!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Got CalFresh? Don't miss out on any important communication! Be sure to open any mail you get from DHHS and keep all of your contact information up to date!