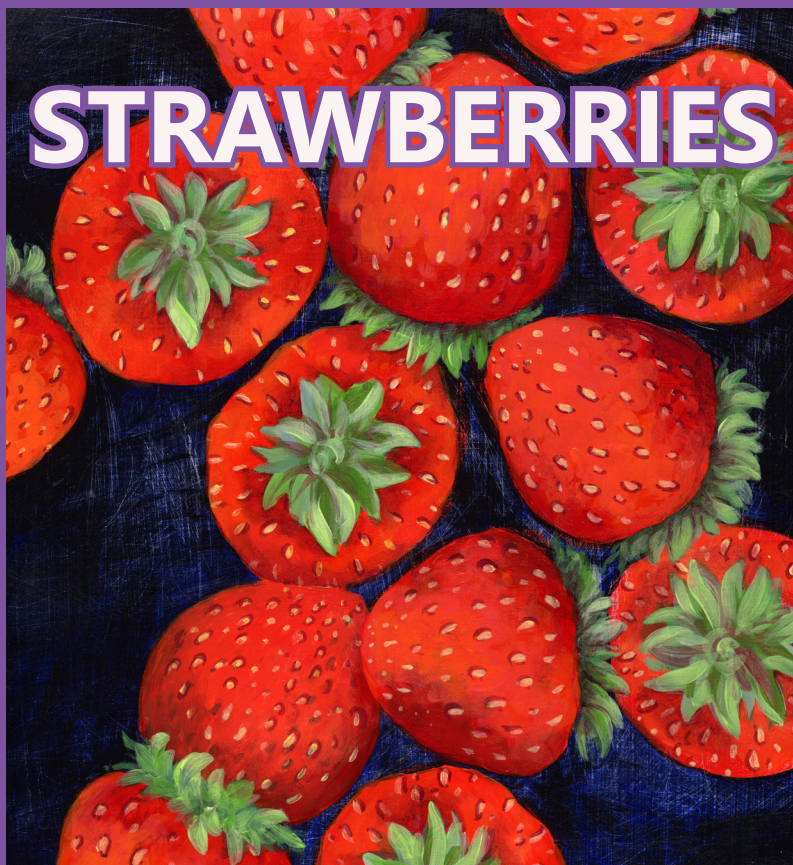


# Harvest of the Month



## 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

- *A Seed is Sleepy*, by Dianna Aston
- *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!

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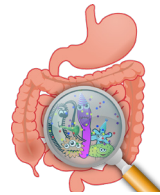
## STRAWBERRIES

*Fragaria ananassa*



### 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. Native Americans ate wild strawberries long before Europeans arrived.



Most strawberries cultivated today 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?

- ❑ If all the strawberries produced in California in one year were placed side by side, they would encircle the earth 15 times!
- ❑ 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!

