

HARVEST of the MONTH STRAWBERRIES



We are featuring fresh, healthy, locally grown strawberries in school lunches this month. Can you taste the difference?

Strawberries are the first locally grown fruit of the year to ripen, a sign of the bounty yet to come! They are full of vitamin C, fiber, and antioxidants and low in calories.

Healthy Serving Ideas

- Eat them whole or sliced for a snack.
- Slice strawberries into salads.
- Enjoy them over cereal or yogurt for a healthy breakfast.
- For a fun twist, try making a strawberry salsa using local berries!
- Add them to smoothies to boost flavor and nutrition.
- After washing the berries and removing the green caps, use them to infuse water for a refreshing, healthy drink!
- Save the season by freezing them for later use. Gently wash and dry the berries, hull them, spread them on a sheet in the freezer overnight and then transfer them to an airtight container.

Where to Pick Your Own Strawberries in Massachusetts

Many farms in Massachusetts allow the public to come to the farm and pick their own strawberries. A great list and map can be found at <http://goo.gl/cQsUJa>.

Fun Facts

Strawberries are the only fruit to wear their seeds on the outside--200 on a typical berry!

Strawberries are a member of the rose family.

Native Americans ate strawberries long before Europeans arrived.

Strawberry plants are a perennial. If you plant one now, it will come back next year. They should bear fruit for about 5 years.

Harvest of the Month promotes a different Massachusetts-grown crop from local farms each month in school cafeterias across the state, from September 2014 through June 2015. To learn more about Harvest of the Month, visit www.massfarmtoschool.org/programs/harvest-of-the-month.



CLANEIL FOUNDATION



These strawberries are from Drumlin Farm in Lincoln, Mass Audubon's working educational farm. They have an annual Strawberry Day event on June 20 this year. Check their website for more info.

Strawberry Pointers

Look for plump berries with a rich color, bright green caps and a sweet smell

Store unwashed berries in the fridge for up to 3 days, but it is best to eat them as soon as possible!

Gently wash berries with cool water with the caps still in tact.

MASSACHUSETTS
Farm to School

massfarmtoschool.org // projectbread.org

Look for our July newsletter featuring cucumbers next month!