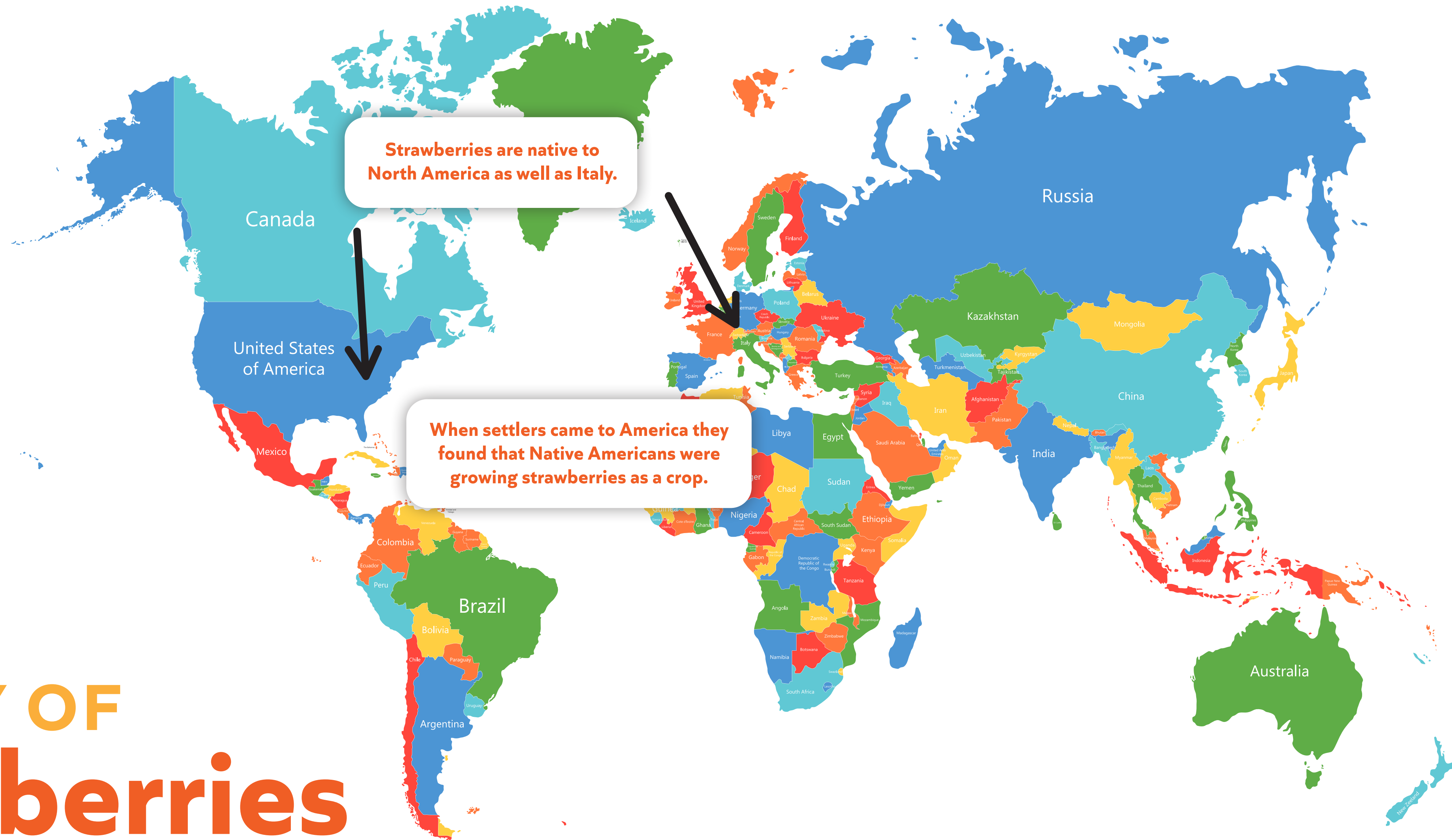


HARVEST OF THE MONTH:

Strawberries



HISTORY OF Strawberries

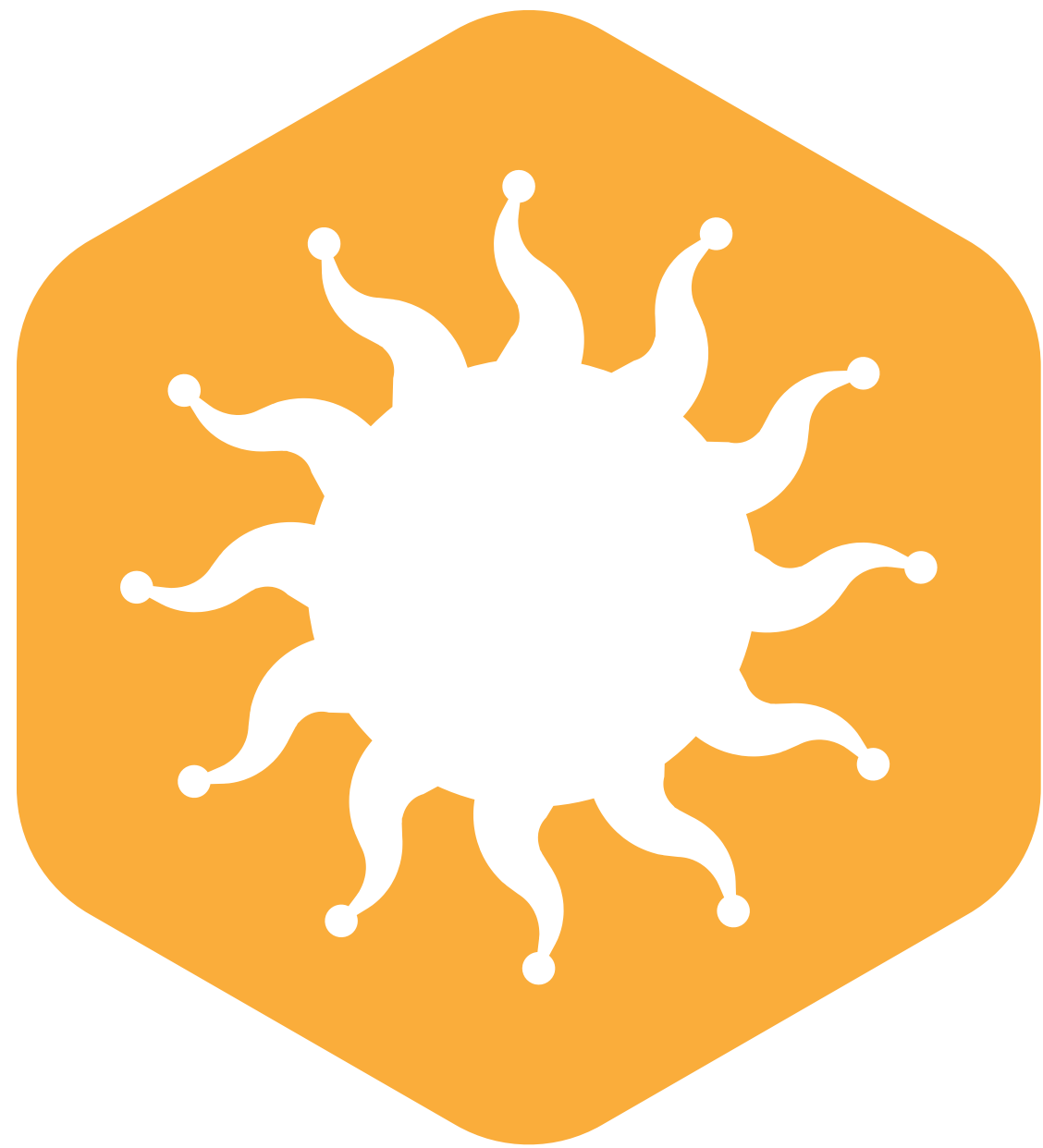




Strawberry plants are perennials, which means they live more than one year. The plant sends out runners to become a new plant.

HOW DO STRAWBERRIES GROW?

WHAT SEASON DO WE PICK STRAWBERRIES?



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT STRAWBERRIES?

Healthy immune system
(prevents colds)



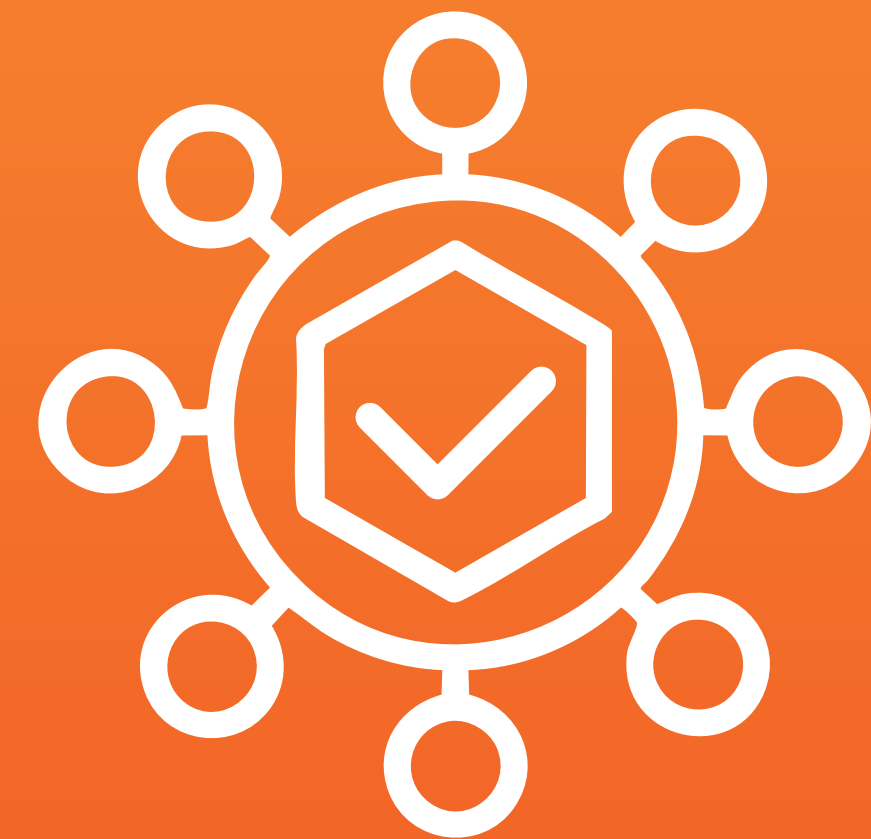
Healthy muscles



Healthy digestion,
cleans out your system



Antioxidants



HOW DO YOU PICK A GOOD STRAWBERRY?

- Strawberries are picked at their peak freshness.
- The berries should be bright red and have a natural shine with green caps.
- Wash strawberries right before you eat them.
- Strawberries should be stored in the refrigerator, but if you let them get to room temperature they will be sweetest.
- **FUN FACT:** Strawberries are the only fruit with seeds on the outside, and the average strawberry has 200 seeds.





LET'S TRY SOME
Strawberries!

