

# Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



## Strawberry Activity Sheet

### ALL ABOUT NEW JERSEY!

Strawberries are in season in New Jersey during late spring and early summer, during the months of May and June. Strawberries are one of the first fruits to grow during the New Jersey growing season. You can purchase them at almost any community farmers market, local farm stand or pick-your-own farms.

[Strawberries in New Jersey](#)

### NUTRITION FACT:

Strawberries are very rich in manganese, antioxidants and vitamin C. Vitamin C helps maintain a healthy immune system and reduces inflammation.



### FUN FACT:

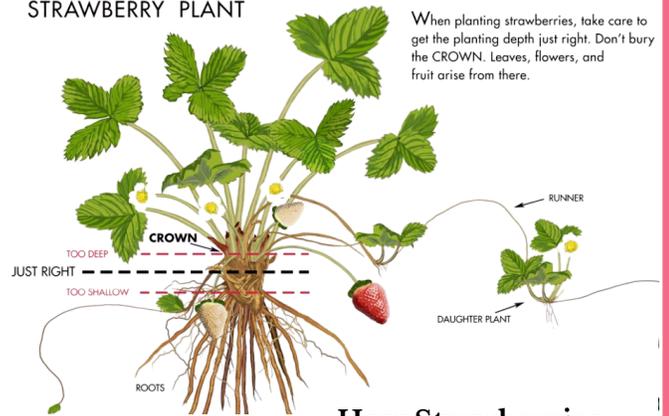
The strawberry is the only fruit with seeds on the outside rather than on the inside. The average strawberry has roughly 200 seeds on their surface!

MADE IN COLLABORATION WITH:



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### STRAWBERRY PLANT



### How Strawberries Grow Factsheet



### RECIPES:

- [Seasonal Fruit & Yogurt Parfait](#)
  - [Jersey Tastes! Cooking Series](#)
- [Grilled Strawberry Kebabs](#)
  - [Jersey Tastes! Cooking Series](#)
- [Strawberry Black Bean Salsa](#)
  - [Jersey Tastes! Cooking Series](#)
- [Strawberry Salsa w/Cinnamon Chips](#)
  - [Jersey Tastes! Cooking Series](#)
- [Strawberry Quesadilla](#) [Jersey Tastes! Classroom Tasting & Activity](#)

### ACTIVITIES:

[NJ Climate Change Standards & Connections to Agricultural Literacy](#)

Pre-K:

- [The Strawberry Patch](#)

Lower Elementary:

- [Strawberry Lesson Plan & Game](#)

Upper Elementary:

- [Saving Strawberry Farm](#)

Middle:

- [Strawberry DNA Extraction](#)

High School:

- [Strawberries & Labor](#)