



HOW DOES IT GROW:



JERSEY TASTES! ACTIVITY SHEETS

Sensational Strawberries

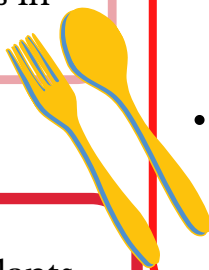


ALL ABOUT NEW JERSEY!

Strawberries in 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 in the state.

NUTRITION FACT:



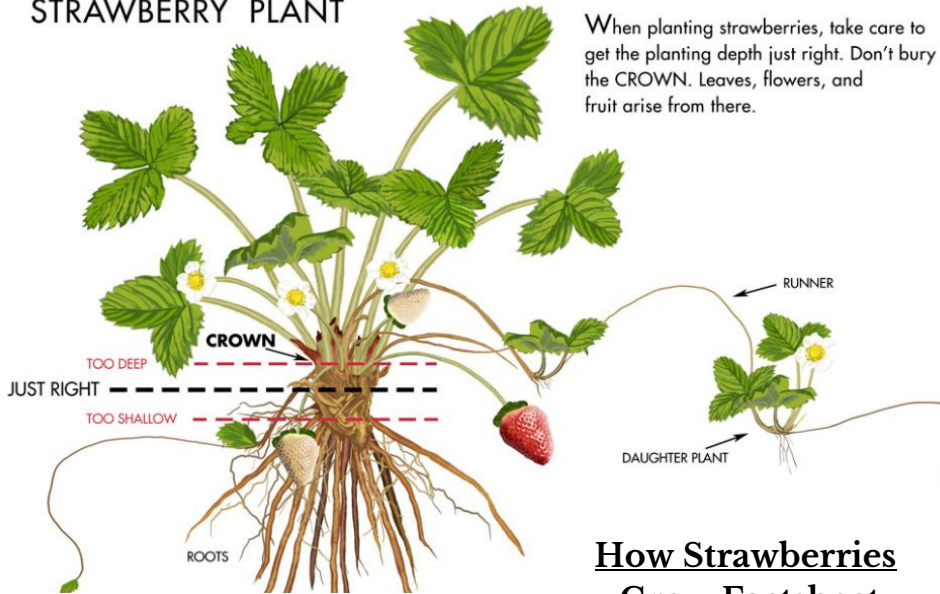
Strawberries are very rich in vitamin C, manganese, & antioxidants. Eight strawberries contain 140% of a child's recommended daily intake for vitamin C



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!

STRAWBERRY PLANT



When planting strawberries, take care to get the planting depth just right. Don't bury the CROWN. Leaves, flowers, and fruit arise from there.

How Strawberries Grow Factsheet

RECIPES:

- Seasonal Fruit & Yogurt Parfait
 - Jersey Tastes! Cooking Series Yogurt Parfait
- Grilled Strawberry Kebabs
 - Jersey Tastes! Cooking Series Grilled Strawberry Kebabs
- Strawberry Black Bean Salsa
 - Jersey Tastes! Cooking Series Strawberry Black Bean Salsa
- Strawberry Salsa with Cinnamon Tortilla Chips
 - Jersey Tastes! Cooking Series Strawberry Salsa

ACTIVITIES:

- * **Pre-K:**
 - Grow It, Try It, Like It, The Strawberry Patch
- Lower Elementary:**
 - Strawberry Lesson Plan & Game
- Upper Elementary:**
 - Saving Strawberry Farm
- Middle:**
 - Strawberry DNA Extraction
- High School:**
 - Strawberries & Labor



MADE IN COLLABORATION WITH:



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