

# Harvest of the Month™

## SPRING - STRAWBERRIES



STRAWBERRIES, A COMMONLY SEEN CROP IN SAN DIEGO COUNTY, ARE AN EXCELLENT SOURCE OF VITAMIN C, MANGANESE, FOLATE, AND POTASSIUM. THEY ARE ALSO VERY RICH IN ANTIOXIDANTS WHICH PROMOTE IMMUNITY AND HEALTHY HEARTS.

### FOOD WASTE PREVENTION

- WASH STRAWBERRIES ONLY WHEN YOU ARE READY TO EAT THEM
- DON'T CUT STRAWBERRIES UNTIL YOU ARE READY TO EAT THEM, THEY KEEP LONGER AS A WHOLE BERRY
- FREEZE STRAWBERRIES TO STAY GOOD FOR MONTHS! THESE CAN BE USED IN SMOOTHIES OR DESSERTS, OR AS A COLD TREAT IN THE SUMMER

### HEALTHY SERVING IDEAS



BLEND INTO A SMOOTHIE



ADD TO OATMEAL OR GRANOLA



ADD TO A SALAD FOR A SWEET TASTE



### FUN FACTS

A STRAWBERRY HAS AN AVERAGE OF ABOUT 200 TINY SEEDS ON ITS OUTSIDE

### STRAWBERRY VARIETIES

#### ALBION

KNOWN FOR ITS CONICAL SHAPE, FIRM TEXTURE, BRIGHT RED COLOR AND SWEET FLAVOR



#### ALLSTAR

KNOWN FOR ITS PERFECT STRAWBERRY SHAPE WITH A MILD AND SWEET FLAVOR. GREAT FOR FREEZING



#### HONEOYE

JUNE BEARING STRAWBERRIES WITH SWEET, JUICY FLAVOR AND FIRM TEXTURE



#### WILD

NATIVE PLANT GROWN IN THE WILD WITH EDIBLE FRUIT. SMALL FRUIT WITH SWEET FLAVOR



#### PINEBERRIES

NATURALLY WHITE IN COLOR WITH A TROPICAL PINEAPPLE TASTE



### FUN FACTS

A STRAWBERRY PLANT CAN REPRODUCE IN TWO WAYS:

- 1) THROUGH THE POLLINATION OF THE BERRY FLOWER AND THE STRAWBERRY FRUIT AND SEED
- 2) BY SHOOTING OFF RUNNERS AND CLONING ITSELF MULTIPLE TIMES

## OVER-RIPE STRAWBERRY FACEMASK

WHY: TO REDUCE FOOD WASTE AND TREAT YOURSELF TO A SPA DAY, USE ANY STRAWBERRIES THAT ARE BEGINNING TO GO BAD TO MAKE A FACEMASK THAT PROMOTES HEALTHY AND GLOWY SKIN!

### MATERIALS

- 2-3 MUSHY STRAWBERRIES
- TBSP RAW HONEY

### INSTRUCTIONS

1. MASH THE STRAWBERRIES WITH A FORK UNTIL IT MAKES A PULP
2. ADD THE HONEY AND STIR UNTIL IT FORMS A PASTE
3. MASSAGE INTO YOUR FACE FOR A MINUTE OR TWO AND LET IT REST FOR 10-15 MINUTES
4. RINSE OFF WITH WARM WATER!



ACTIVITY FROM: [HTTPS://BARTONHILLFARMS.COM/USES-FOR-STRAWBERRIES/](https://bartonhillfarms.com/uses-for-strawberries/)

## CHOCOLATE COATED STRAWBERRIES

### INGREDIENTS

- 12 OZ. SEMISWEET OR DARK CHOCOLATE MELTING CHIPS OR WAFERS
- 2 TABLESPOONS OF BUTTER
- FRESH STRAWBERRIES, WASHED AND DRIED THOROUGHLY

### INSTRUCTIONS

1. LINE A COOKIE SHEET WITH WAXED PAPER
2. PLACE THE BUTTER AND CHOCOLATE IN A MICROWAVE-SAFE CONTAINER AND HEAT ON 50% POWER FOR 1 MINUTE. SIT AND CONTINUE TO HEAT FOR ANOTHER 30 SECONDS UNTIL THE CHOCOLATE MELTS COMPLETELY
3. HOLDING THE STRAWBERRY BY THE STEM, DIP INTO THE CHOCOLATE MIXTURE AND LAY ON THE WAX PAPER TO HARDEN
4. REFRIDGERATE THE CHOCOLATE COATED STRAWBERRIES BEFORE SERVING