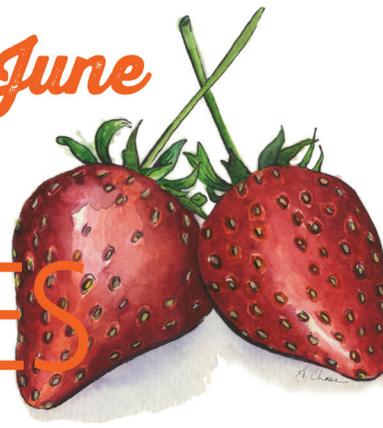


HARVEST *of the* MONTH STRAWBERRIES

June



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, as sign of the bounty yet to come! They are full of vitamin C, fiber, and antioxidants and low in calories.

Healthy Serving Ideas

- Slice strawberries into salads, they taste great with balsamic vinegar.
- Make fruit quesadillas using whole wheat tortillas, strawberries, spinach, green onions and a mild cheese.
- Try making a strawberry salsa with cinnamon pita chips using local berries!
- Make strawberry & yogurt popsicles.
- 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 first fruit to ripen in the spring.

There is an entire museum in Belgium dedicated to strawberries.

In medieval times, strawberries were served at important functions to bring peace & prosperity.

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

Harvest of the Month Book Club

K-4: *Pick Pull Snap!* by Lola M. Schaefer

K-3: *A Fruit is a Suitcase for Seeds* by Jean Richards

High School: *Fair Food* by Oran Hesterman



The 49th Annual Topsfield Strawberry Festival is on June 10th! For more information visit:

<http://bit.ly/2pE8u3S>



MASSACHUSETTS



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

MASSACHUSETTS
Farm to School
massfarmtoschool.org

Strawberry Pointers

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

Store unwashed berries in the fridge in a perforated container 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 intact.

Look for our July newsletter featuring cucumbers next month!