



HOW DOES IT GROW:



JERSEY TASTES! ACTIVITY SHEETS

Sensational Strawberries

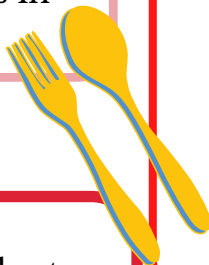


ALL ABOUT NEW JERSEY!

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:



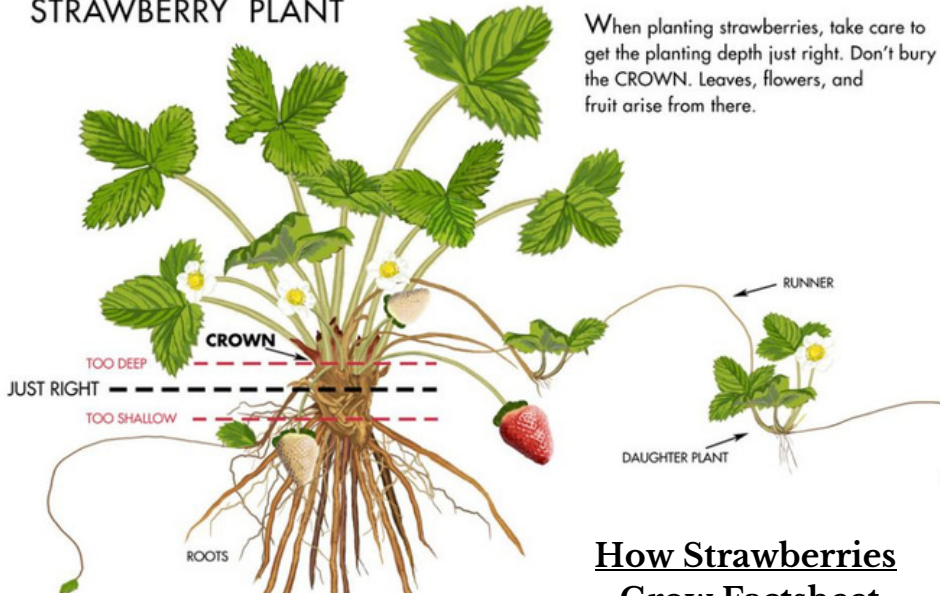
Strawberries are very rich in vitamin C, manganese, & antioxidants. Eight strawberries contain 140% of a child's recommended daily intake for vitamin C



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



How Strawberries Grow Factsheet

RECIPES:



- Jersey Tastes! Recipe Videos
- Seasonal Fruit Parfait & Recipe
- Grilled Strawberries & Recipe
- Sweet Strawberry Salsa & Cinnamon Sugar
- Tortilla Chips & Recipe
- Savory Strawberry Black Bean Salsa & Recipe
- Breakfast: Fresh Strawberry Breakfast Tortillas or Strawberries & Cream Oatmeal
- Lunch: Strawberry Pizza
- Dessert: Strawberry-Rhubarb Cobbler

ACTIVITIES:



- * Pre-K: Strawberry Coloring Sheet, S is for Strawberry, or Emotions Matching Game
- Lower Elem: From Seed to Strawberry Book or Strawberry Play-dough
- Upper Elem: Strawberry Life-cycle or I am Poem
- Middle: Strawberry Schools or Strawberries & Labor
- HS: Strawberry DNA Extraction Lab

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