

# Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



# Strawberries



7500 students in Nevada County will sample **strawberries** this month through Sierra Harvest's Farm to School Program!

## Strawberry-Basil Popsicles

Recipe by Shauna Schultz

Serves 6      Prep time: 5 minutes

Basil simple syrup (for 4 batches):

½ cup sugar

½ cup water

4 large sprigs basil

2 cups **strawberries**

2 cups unsweetened coconut water

Prepare basil simple syrup: Bring water and sugar to a low boil and stir until sugar dissolves. Turn off heat and add basil sprigs. Allow to cool, about 10 minutes. Discard basil sprigs and transfer to a jar. Save extra to use later.

Combine ¼ cup basil simple syrup with strawberries and coconut water in a blender and process until smooth. Pour into popsicle molds and freeze.

JSM Organics is a certified organic farm located in the beautiful hills of Royal Oaks/Aromas, California in Monterey County. The JSM team is dedicated to producing the highest quality produce and providing affordable and accessible organic food.

Javier Zamora, the founder of JSM Organics, grew up farming in Mexico, went to college at age 41, and then started his own farm here in California.

You can find his strawberries, avocados and jicama in season at the Briar Patch Coop.



### Healthy Serving Tips:

- Use fresh strawberries in place of jam on sandwiches or toast
- Slice over oatmeal, cereal or yogurt
- Add sliced berries to salads
- Add to smoothies



If your student is eligible for free/reduced school meals, you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

[C4Yourself.com](http://C4Yourself.com)



# Strawberry Fun Facts

## *For all ages:*

Strawberries are the only fruit that wear their seeds on the outside. The average berry is adorned with 200 of them.

Scientists don't classify strawberries as a true berry! True berries, like blueberries and cranberries, have seeds inside.

California produces one billion pounds of strawberries each year- the weight of 67,000 male elephants!

You can eat the green top of a strawberry (calyx).

Strawberries at room temperature are sweeter than cold ones.

## *For older students:*

**Science:** Cultivated ("garden") strawberries are a hybrid species of the wild strawberry, *Fragaria* (*Fragaria* × *ananassa*). They belong to the rose family, Rosaceae.

The "seeds" on the outside of the strawberry are actually **achenes**- small dry fruits containing the seeds.

Strawberries are not grown from seeds, but rather from runners. Each year the parent plant sends out runners and starts new small plants. If these are in contact with soil they will grow roots and establish a new plant.

## **History:**

Wild strawberry species have been collected and cultivated in many parts of the world for thousands of years. Strawberries are mentioned in Roman literature and were used for medicinal purposes.

Indigenous peoples of North and South America collected and cultivated wild strawberries long before the arrival of Europeans.

Charles V, France's king from 1364 to 1380, had 1,200 strawberry plants in his royal garden.

The modern strawberry was first bred in Brittany, France, in the 1750s via a cross of wild strawberry varieties from North and South America.

**Nutrition:** Strawberries are rich in the essential nutrients vitamin C, potassium, folic acid, and fiber. One cup of fresh strawberries contains 160 percent of the daily recommended quantity of vitamin C, with only 50 calories.

Commercial strawberries that are not grown organically have been found to contain the highest levels of pesticide residues in all fruits and vegetables. Certified organic strawberries are free of harmful synthetic pesticides.

