

Strawberry Information Sheet

Today's Farm to School Snack features local strawberries!

While strawberries originated in both North and South America, the strawberries you will be trying today were grown locally at:

 in

How Does It Grow?

Strawberries are small plants that can grow both wild and on farms. They grow on vines close to the ground or on raised tables, with green leaves and white flowers. Bees and other insects help pollinate the flowers. Once pollinated, the petals fall off, and the yellow center turns into small green berries. These berries grow bigger and change color from green to white, and finally to bright red when ripe. The new everbearing strawberry variety provides fresh berries from June to October. Strawberries can be enjoyed fresh, in jams, teas, or as delicious desserts!



Fun Facts

- There are approximately 200 seeds on the average-sized strawberry.
- Strawberries are grown in every province in Canada.
- When picking strawberries, remember that they don't ripen after being picked. Make sure to choose berries that are completely red (and not white or green).

Around the World

Wild strawberries have been around for thousands of years. For the Mi'kmaq people, strawberries were both a medicine and an important food source, harvested fresh in the summer and dried for winter use. In the 1700s, Europeans began cultivating a hybrid of two wild species, one from North America and the other from South America, leading to the larger, sweeter strawberries we enjoy today.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include strawberries.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this 'taste of summer' snack!

Find more resources at www.nourishns.ca