



FoodShare's Harvest of the Month

Summer Strawberries Are Here!

Possibly the most exciting treasure hunt of all... sorting through a mass of green leaves to find bright, red rubies just begging to be picked by little hands and eaten straight from the plant. Strawberry picking is something for everyone to enjoy this time of year. To find your nearest "Pick-Your-Own" farm, visit www.pickyourown.org.

Don't forget to can your goods! Make summer last all year 'round by making strawberry jam with your harvest. To read more, source recipes and find out what you need to preserve the summer harvest, visit Bernardin's website, www.bernardin.ca.

Why was the strawberry so late? It got caught in a jam.

Did You Know?

- There are around **200 seeds** on every strawberry.
- Around 5 strawberries will give you **100% of the Vitamin C** you need for one day.
- In Belgium, there is a whole **museum dedicated to strawberries!**
- Strawberries are a member of the **rose family**.
- Strawberries are found to reduce the risk of **cancer, rheumatoid arthritis**, and enhance **memory function**.

How to Pick a Strawberry

Get involved this summer and visit a Pick-Your-Own farm!

1. Don't pick pale red strawberries, or berries with green tips. Strawberries will not ripen after you pick them, so if you pick a green one, you will have a sour berry.
2. Pick all the ripe berries, big and small. Often, the smaller berries are sweeter. Sweetness also depends on the variety.
3. When picking, be sure the cap, or green top, remains on the strawberry by pinching the stem of the berry between the thumb and forefinger.

www.weaversorchard.com



July Feature: Strawberries



Farm Profile: Berry Fresh Farms

Fenwick, Ontario

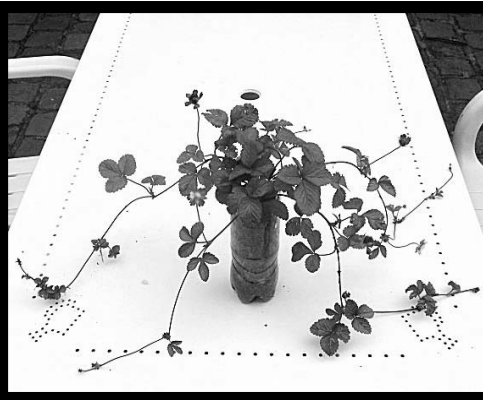
Farmers: Dave & Christine Klyn-Hesselink
Produce Grown: Strawberries, sweet corn, raspberries, and blackberries

Dave started working at Tigchelaar Berry farms in Binwood at the age of 16. He realized his passion for farming and purchased a family farm in Ontario's Greenbelt that has been in operation for 10 years.

He cultivates 20 acres of sweet corn, 13 acres of strawberries, and 5 acres of raspberries. The key to Berry Fresh Farm's success in growing and marketing strawberries has been the use of a day neutral strawberry variety that produces berries in May, and then again in July through September, when local strawberries are rare and the demand is high.

Berry Fresh farms started by selling produce at farmers' markets. They are now also selling directly to Sobeys stores, and through the Ontario Food Terminal.

For more information, contact Berry Fresh Farms at 905-892-8231
berryfresh@sympatico.ca



Strawberry "Runner" Game

What To Do:

- Just like in a game of "octopus", play a game of tag where the student/s who are "it" are the strawberry plants.
- Every time someone is tagged, they become a strawberry plant "runner" by joining hands with the strawberry plant and becoming longer and longer.
- Students who end up on the end of each runner are the new strawberry plants and can restart the next game.

Strawberry Recipe

Chef Meg's Creamy Grilled Strawberry Sandwich

This is a great dessert that's delicious when strawberries are in season.

Ingredients

3 tablespoons cream, cottage or feta cheese
1 cup local strawberries, washed, hulled and sliced
Whole wheat pita bread, baguette or wrap
1 sprig fresh mint, washed and torn
½ cup of local baby spinach leaves, washed and torn
Vegetable oil

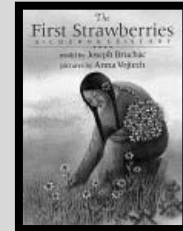
Directions

1. Cut pita bread in half and open gently, or slice the baguette into two manageable slices.
2. Combine cheese with 1/4 cup of the strawberries and most of the mint, mashing the berries as you mix.
3. Spread half of mixture onto bread of choice before adding the spinach.
4. Top up with the remaining strawberries.
5. Heat a cast iron pan or skillet to warm and coat with a very small amount of oil.
6. Grill both sides of the sandwich until golden.
7. Enjoy warm. Garnish with leftover mint.

Number of Servings: 2 snack size

(adapted from www.sparkpeople.com)

Feature Book



Title: *The First Strawberries: A Cherokee Story*

Author: Joseph Bruchac

Publisher: Puffin

Publication Date: 1998

ISBN: 9780140564099

Description: A gentle story of the Sun's healing of marital discord by a gift of ripe strawberries that magically grow at the feet of an angry woman as she flees her husband's harsh words, thus halting her departure long enough for him to catch up and make amends. Thereafter, the story concludes, whenever the Cherokee eat strawberries, they are reminded to be kind to one another. Quietly luminous watercolors capture details of dress, dwelling, implements, flora, and fauna against an open landscape of rolling hills. Small touches dramatize the story's moods: a bouquet of brown-eyed Susans flung to the ground in anger; an empty nest in a pine tree as the woman disappears behind the western hills; the glimmer of a single firefly as man and wife are reconciled. Complete harmony of text and pictures: altogether lovely.

(Kirkus Associates, www.amazon.com)



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