

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Strawberry Activity Sheet

ALL ABOUT 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.

[Strawberries in New Jersey](#)

NUTRITION FACT:

Strawberries are very rich in manganese, antioxidants and vitamin C. Vitamin C helps maintain a healthy immune system and reduces inflammation.



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!

MADE IN COLLABORATION WITH:



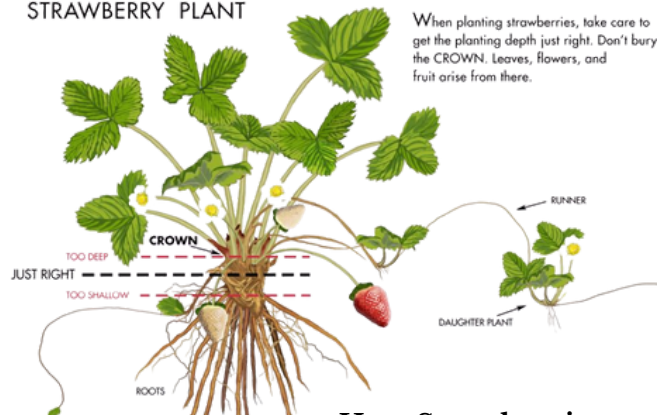
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HOW DOES IT GROW:



STRAWBERRY PLANT



How Strawberries Grow Factsheet



RECIPES:

- Seasonal Fruit & Yogurt Parfait
 - Jersey Tastes! Cooking Series
- Grilled Strawberry Kebabs
 - Jersey Tastes! Cooking Series
- Strawberry Black Bean Salsa
 - Jersey Tastes! Cooking Series
- Strawberry Salsa w/Cinnamon Chips
 - Jersey Tastes! Cooking Series
- Strawberry Quesadilla
 - Jersey Tastes! Classroom Tasting & Activity

ACTIVITIES:



NJ Climate Change Standards & Connections to Agricultural Literacy

Pre-K:

- The Strawberry Patch

Lower Elementary:

- Strawberry Lesson Plan & Game

Upper Elementary:

- Saving Strawberry Farm

Middle:

- Strawberry DNA Extraction

High School:

- Strawberries & Labor