



APRIL



DESCRIPTION

Strawberries are famous for having seeds on the outside of their red flesh. They are the first fruit to ripen in the spring and are extremely productive. There are over 600 varieties of strawberries; the most popular variety in South Carolina is the June-bearer.

Information from:
<http://quotesgram.com/strawberry-beatles-inspirational-quotes/>
http://www.clemson.edu/extension/hgic/plants/vegetables/small_fruits/hgic1404.html
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=32#descr>
<http://www.almanac.com/plant/strawberries>
<http://www.spanishdict.com/answers/275624/2-identify-items-in-picture-game-identificar-las-cosas-en-la-imagen-/mostvotes/15/30>
<http://www.whfoods.com/genpage.php?tname=nutrient&dbid=109>

Palmetto Pick of the Month:
STRAWBERRIES

HISTORICAL FACTS

In 1714, Strawberries were “discovered” by a French engineer sent to Chile and Peru who brought strawberries back to France. He planted them and made a hybrid strawberry. Strawberries quickly became the most popular berry in the world.

HEALTH BENEFITS

Strawberries are full of Vitamin C! Vitamin C is needed to produce collagen; collagen is framework for our skin and bones!

HARVEST TIPS

Harvest strawberries by cutting the berries by the stem 4-6 weeks after they bloom. Pulling can damage the fruit.



QUOTE
 “I love berries. Strawberries, blueberries, raspberries, blackberries, anything with an ‘errie’ in it!”
 -Jordin Sparks

PALMETTO PICK OF THE MONTH SNACK

Strawberries are great because they are delicious all by themselves!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.