

# STRAWBERRIES

## → FACTS



- Strawberries are rose-colored when ripe, and have edible seeds on the outside.
- Strawberries are rich in vitamin C and manganese.
- Strawberries are eaten in a number of different ways including fresh, dried, as a jam, or in a drink.
- Where many fruits have only one seed on the inside, strawberries have 200 seeds on the outside.
- Strawberries are the only fruits to have their seeds on the outside.
- Strawberries make muscles work better and the brain work better.
- Strawberries at room temperature are sweeter than cold strawberries.
- Strawberries do not ripen after they are picked, unlike some other fruits.
- California produces the most amount of strawberries, with Florida being second largest.
- The flavor of a strawberry is influenced by the weather and soil.
- Strawberries are part of the rose family. They give off a sweet smell as they grow on bushes.



## STRAWBERRY CUPCAKES

Recipe from Megan Gilmore at <https://detoxinista.com/strawberry-cupcakes-grain-free/>

### Ingredients:

- 1/2 cup coconut flour
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- 4 large eggs
- 1/2 cup honey
- 1 tablespoon vanilla extract
- 1 tablespoon fresh lemon juice
- zest of one lemon
- 1/2 cup finely chopped strawberries

### Directions:

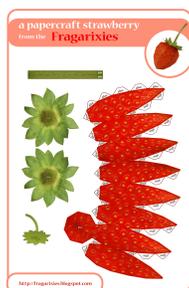
- Preheat oven to 350F, and line a muffin tin with 8 paper liners.
- In a medium bowl, combine all of the ingredients-- except for the fresh strawberries-- and stir well, until a moist batter forms. Finally, fold in the strawberries.
- Scoop the batter using a 1/4 cup into the prepared paper liners.
- Bake for 20 minutes at 350F, or until the cupcakes are lightly golden around the edges and firm in the center.
- Allow to cool in the pan for 30 minutes, and cool completely before serving. Frost with Creamy Cashew Icing, if desired. sauce.

## → HOW IT GROWS



- Strawberries can be produced via seed, by planting one fruit in the ground.
- Strawberries are grown from low-lying bushes..
- Strawberries are attached to stems (also called runners) that grow above ground. Many strawberries are grown on strawberry farms and the farmers often have hives of bees that live on the farm to pollinate the strawberries.
- Strawberries survive in a range of conditions and will grow happily in most places around the world.
- Strawberries are the first fruit to ripen each spring. Peak harvesting season is from April through June.
- The perfect temperature for strawberry plants is between 55 and 78 degrees.

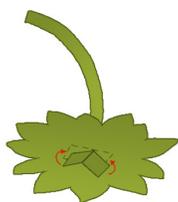
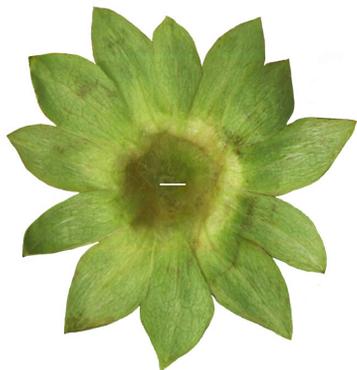
## → ACTIVITIES



- Check out these great reads:
  - Strawberry Girl
  - Roots, Shoots, Buckets & Boots: Gardening Together with Children
  - Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear
- Watch a quick video on growing strawberries on YouTube (with your parent)
- Visit <https://littlebinsforlittlehands.com/> and check out their "How to Extract Strawberry DNA" experiment
- Create a 3D strawberry using the attached template.

# a papercraft strawberry

from the **Fragarixies**



<http://fragarixies.blogspot.com>