

# May's Harvest: Strawberries!



Discover delicious kid-friendly recipes with this month's fresh pick!

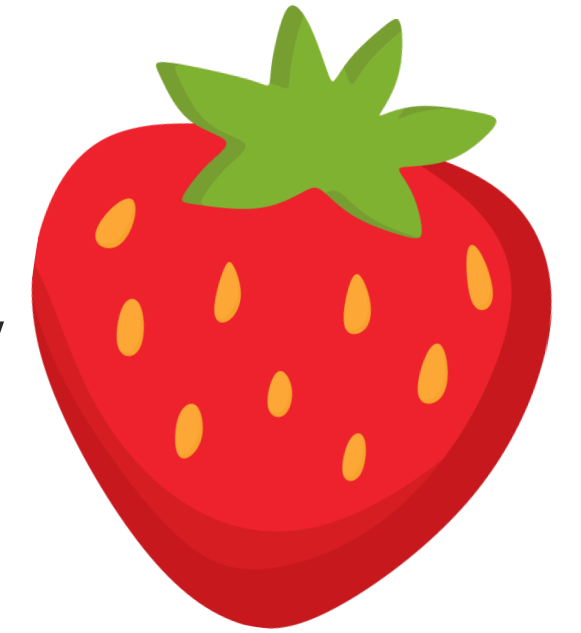


Fresh strawberries are in season during May!



# Fun Strawberry Facts!

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## Seeds on the Outside!

Did you know? Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!

## Rose Family Member

Strawberries are cousins to roses! They belong to the same plant family. How cool is that?

## Vitamin C Superstar

One cup of strawberries has more vitamin C than an orange! They help keep you healthy and strong.

# Easy Strawberry Smoothie Recipe



## 1 Cup Fresh Strawberries

Wash and remove stems from your strawberries. Fresh or frozen both work great!

## 1 Banana + 1 Cup Milk

Peel the banana and add it with the milk to your blender.

## Blend & Enjoy!

Blend until smooth and creamy. Pour into a fun cup and enjoy your yummy treat!



# Strawberry Fun Activities!

## Pick Your Own Berries

Visit a local strawberry farm and pick fresh berries with your family!

## Strawberry Stamp Art

Cut a strawberry in half, dip in paint, and stamp fun prints on paper!

## Grow a Strawberry Plant

Plant strawberry seeds in a pot and watch them grow all summer long!

## Count the Seeds

How many tiny seeds can you count on one strawberry? Try it and see!

# Try Strawberries This May! Happy Harvesting!

Enjoy fresh, delicious  
strawberries with your  
family this month!

