

FOOD PREPARATION STEPS



1. Wash strawberries thoroughly under cool running water.



2. Slice off stem and set aside for composting.

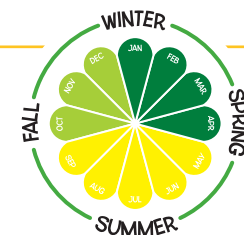


3. Fruit may also be served with stems, but removing them ahead of time may create less mess in the classroom.



Strawberries are fun and easy to grow in school gardens.

Strawberries are a great source of vitamin C, which fights illness. They provide folic acid, which helps our bodies to repair themselves and grow. Strawberries are also a good source of fiber, which helps immune function by keeping the intestines healthy.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Strawberry are available in Hawai'i from October through July, with peak growth occurring January through April.
- Look for strawberries that are bright red with fresh looking caps.
- Strawberries do not keep very well so plan to serve them soon after purchase/harvest.
- Do not wash strawberries until ready to use.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching, Lydi Bernal, and shutterstock.com.