



Local Food For Schools

STRAWBERRIES

Promotional Resources

Fun facts

- Strawberries are usually the first commercial berry to start ripening in Washington State.
- Strawberries are not true berries, but an accessory fruit in the rose family.
- There are more than 600 unique varieties of strawberries in varying shapes, sizes, and flavors.
- Strawberries are grown in many areas of Washington, but most are produced in Skagit and Whatcom Counties.
- Washington State has been growing strawberries commercially since the 1830s.
- Americans eat on average 5 lbs. of strawberries each year.

Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students' knowledge of healthy eating and where food comes from.

- [WSDA – Strawberry Harvest Poster](#)
- [WSU – Fresh from the Farm – Strawberry Brochure \(Spanish\)](#)
- [Washington Grown Harvest - Berries](#)
- [Food Hero - Strawberry Basics \(Spanish\)](#),
- [Food Hero - Fun with Strawberries Activity Sheet \(Spanish\)](#)
- [Whatcom Farm to School Harvest of the Month – Strawberries](#)



Know your distributor Farmstand Local Foods Seattle, WA

Farmstand Local Foods' mission is to help establish an economically and environmentally sustainable food system by facilitating and maintaining connections between producers and consumers to demonstrate the value and importance of viable local farms.

Know your farmer Sidhu Farms - Puyallup, WA

These rich, dark red berries are grown in Puyallup on fertile land irrigated by the glacier-fed, nutrient dense Puyallup River. Consumers in and around Puyallup and Seattle may recognize Sidhu's berries from their farm's strong presence at area farmer's markets. Frozen at peak ripeness so you can enjoy summer all year long!



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SNAP-Ed