



WA Local Foods

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.



**FARMSTAND
LOCAL FOODS**

Know your distributor

Farmstand Local Foods - Seattle, WA

Farmstand Local is a food hub that focuses on reducing barriers between local small-scale producers and Washington's innovative community of chefs and wholesale producers.

Know your farmer

Sidhu Farms - Puyallup, WA

Sidhu Farms was established in 1997 by Chet Sidhu who moved to the US from India. The farm started with growing blueberries and selling at Pike Place Market. The farm uses organic growing methods and irrigation from the glacier-fed, nutrient dense Puyallup river to grow blueberries, raspberries, blackberries, and strawberries.



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 spread information about local foods and healthy eating to increase students' knowledge of healthy eating and where food comes from.



- ♦ [WSDA – Strawberry Harvest Poster](#)
- ♦ [Food Hero - Fun with Strawberries Activity Sheet \(Spanish\)](#)
- ♦ [Whatcom Farm to School Harvest of the Month – Strawberries](#)
- ♦ [Strawberries - National Ag in the Classroom](#)
- ♦ [Strawberries - Farm Bureau](#)



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PUBLIC INSTRUCTION



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