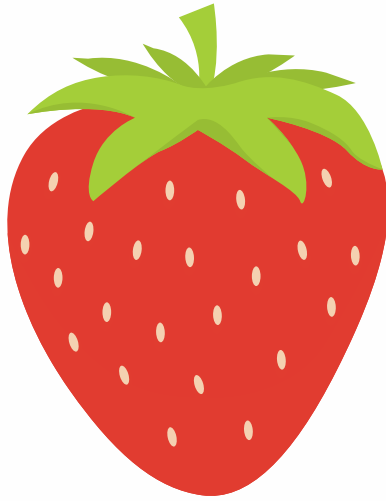


# Harvest of the Month



**May:  
Strawberries**



# Strawberry Fun Facts

## Learning about Strawberries



**Strawberries are the first fruit to ripen in the spring! In Virginia, we pick strawberries in May and June**



**Just 8 strawberries provide you with 150% of your daily recommended amount of vitamin C**



**The most popular type of strawberry came from a cross between two species, one from Virginia and another from Chile!**

**Strawberries grow on small plants that grow close to the ground. Strawberry plants can spread out all across a garden using "runners" which look like vines. They also have pretty white flowers!**

**The average strawberry has over 200 seeds**



# Ways to Enjoy Strawberries

There are plenty of ways to enjoy strawberries! Here are some ideas



As a snack



In a smoothie



On a salad



Strawberry Pie



Strawberry Jam



Strawberry Salsa

## Ingredients

- 1 pound strawberries
- 2 tablespoons sugar
- 3 tablespoons orange juice or water
- Cornstarch (optional)



## Directions

1. Rinse your strawberries. Cut off the green tops and halve the strawberries. If you want a smother compote, you can cut them into smaller pieces.
2. Place the berries in a saucepan. Add the sugar and juice or water. Bring to a boil. Reduce the heat to low and simmer until the strawberries are all soft, between 5 and 10 minutes.
3. Taste, and add more sugar if necessary. The compote will thicken a little while it cools off, but if you think it's too thin, mix 1 tablespoon of water with 1 tablespoon of cornstarch and add it to the saucepan.
4. There are plenty of ways to serve. For example, you can eat your compote with yogurt, on a waffle, or on toast!



## Ingredients

- 1 pint strawberries, diced
- 1 jalapeno, stem and seeds removed, finely diced
- half of a small red onion, diced
- 2/3 cup finely-chopped fresh cilantro, loosely-packed
- juice of 1 lime



## Directions

1. Wash and cut all of your ingredients.
2. Toss all of your ingredients in a bowl and combine.
3. Season to taste with salt and pepper.
4. Serve with tortilla chips or over a rice bowl.