



Family Fun Page!!



Did you know...

A strawberry can have more than 200 seeds! And...it's one of the only fruits that has its seeds on the outside of the fruit. Those little white specks are actually the seeds.

A strawberry plant sends out runners that appear to be "straying" from the main plant; so it was called the *strayberry*. Over the years, the name gradually became *strawberry*.



Kitchen Korner!

BERRY SMOOTHIE

1/2 cup fresh strawberries, blueberries, or raspberries
1/2 medium-size banana
1/2 cup plain low-fat yogurt
1/2 cup orange juice
1 teaspoon real maple syrup
Thermos

- In blender add all ingredients and blend!
- Pour into a thermos for tomorrow's lunch. Or, drink it now.



MAKE IT WITH THE KIDS!

The First Strawberries

Click the link and read this captivating re-telling of a Cherokee legend, which explains how strawberries came to be.

<https://www.youtube.com/watch?v=-DrZ1b8rQxU>

The First Strawberries is a Cherokee story with gorgeous illustrations. It tells a Cherokee folktale, in which the sun resolves a quarrel between a husband and wife by creating a series of delicious berries. It ends with the creation of a lovely fruit that looks like red fire in the grass — the strawberry.

After reading the story, bring out some strawberries for show, taste, and tell time.

Explain that you have strawberries to share. Because strawberries grow on the ground, we wash them well to remove soil and germs before we cut them. Wash the berries together, handling gently.

Cut a strawberry in half, place on a plate, and give one to your child. Look at the inside of the strawberry, and ask a few questions:

- What color is the inside of the strawberry? (Red)
- What does the inside of the strawberry look like? (Red)
- How does the inside feel? (Cool and smooth)
- How do the strawberries smell? (Sweet)
- What color is the outside of the strawberry? (Red)
- How does the outside feel? (Bumpy)
- Where are the strawberry's seeds? (They're the white spots on the outside of the berry.)



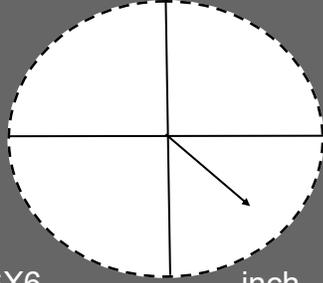


Fruit Wheel

This fruit wheel activity offers a fun way for children to try fruit. It also helps them eat a variety of different fruits and gives them different options of fruit to eat.

What you need:

Printer paper
Card stock
Hole punch
Paper fastener



What to do:

- Cut paper in a 6X6 inch square; draw a circle; and divide into 4 equal sections.
- Cut an arrow out of card stock.
- Punch a hole in the middle of the circle and the end of the arrow.
- Fasten the arrow to the paper using the paper fastener.
- Flip it over, tighten the paper fastener and make sure the arrow spins.
- Place pictures of different fruits on in the sections of the circle.
- Have your children spin the arrow and what ever fruit it lands on is what they eat.

Play Dough Berries!

Let your children use red, blue, or black play dough to make their own berries (or other favorite fruits)! The play dough recipe that follows is quick, inexpensive, and easy - or you can buy ready-made play dough at the store.

Creating with dough is a great way for your children to use their imagination. It also builds fine motor skills.

What you need:

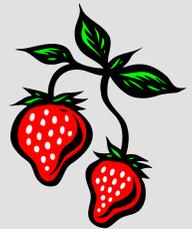
1/2 cup salt
1/2 cup flour
1 tablespoon salt
Food coloring (color of favorite berries or fruits)
Water (to desired consistency, about 1/4 cup)
Rubber gloves (optional)



What you do:

- Add a few drops of food coloring to water.
- Mix dry ingredients together. Add 1 tablespoon of water with dry ingredients and mix well. (Use rubber gloves to avoid staining hands.) Repeat, adding 1 tablespoon of water at a time until dough reaches desired consistency (not too dry, and not too sticky).
- Store in a plastic bag or air-tight container.

Hint: This is a fun outdoor or basement activity if you're worried about clay falling on your carpet on your furniture!



THE EASIEST WAY TO PRESERVE A BERRY... A HOW-TO GUIDE TO FREEZING

- Without washing, transfer berries from pints to freezer containers (leaving 1/2 inch head-space) or plastic freezer bags.
- Avoid "squashing" berries. Do not stack bags on top of one another in freezer until berries in first layer are frozen.
- At time of use, berries will be individually frozen and can be poured either from the containers or bags. Wash just before using.

