



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 Puget Sound Food Hub Mt. Vernon, WA

The Puget Sound Food Hub is a farmer-owned cooperative that markets, aggregates and distributes locally produced food from their partner farms to wholesale buyers.

Know your farmer Silva Family Farm - Oak Harbor, WA

Farmer Pablo came from Yucacani, a small town in the Mexican state of Guerrero when he was 14 to harvest strawberries in California. As the years passed, he grew concerned about the pesticides used on large commercial farms. Along with his wife Maura and their children, Pablo now grows Certified Organic strawberries, blueberries, and raspberries on five acres in the fertile Skagit Valley, avoiding toxic chemicals and using methods to preserve the health of their community's streams and rivers.

