

Farm Fresh Friday: Berries



Fun Facts

- Berries are grown on trees, shrubs, bushes and on plants along the ground.
- The Guinness Book of World Records shows the heaviest strawberry weighing 10.19 oz!
- The average strawberry has around 200 seeds.
- Berries are loaded with nutrition including potassium, magnesium, vitamins C and K, fiber, and prebiotics.

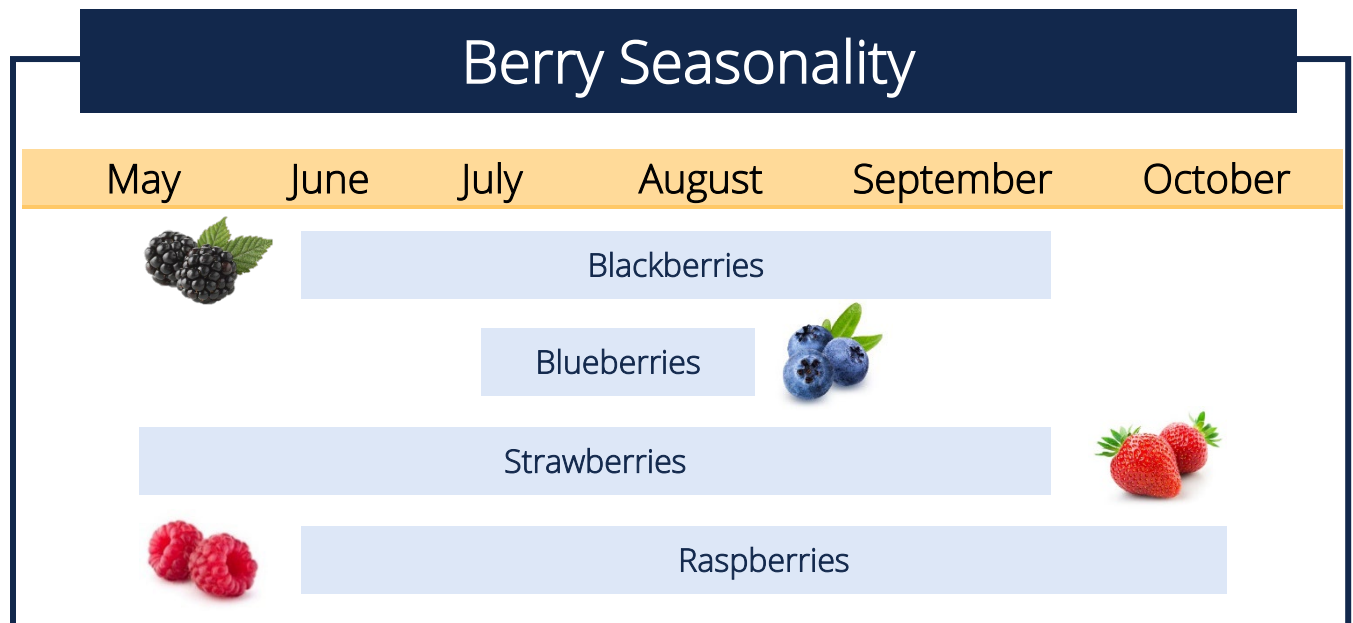
Mulberries and Juneberries are native to Kansas. Juneberries flavor is like a cherry, while mulberries can be sweet or tart.



Provided by Harvard School of Public Health and University of Illinois Extension

Preparation and Storage

It is best not to wash berries until ready to eat. Washing early can cause berries to age more quickly. Store berries in the refrigerator to keep fresh. Storage life varies per berry, from two to three days for blackberries and raspberries to three to seven days for strawberries. For longer storage, berries can be kept frozen for eight to twelve months.



Strawberry Applesauce

Ingredients	Weight	Measure	Directions
Apple Slices, canned, unsweetened	26 lbs 8 oz	4 No. 10 cans	1. Heat apples in steam jacketed kettle or tilt skillet.
Cinnamon Stick		4 count	2. Add cinnamon stick, water, and sugar.
Water		1 cup	3. Cook until apples are tender.
Sugar		1 cup	4. Add strawberries and cook for 5 minutes.
Strawberries, fresh or frozen		1 qt	5. Remove from heat and press through strainer. Stir until smooth.
			6. Serve warm or chilled. Portion with No. 8 scoop (1/2 cup).

If serving chilled:

CCP: Cool in shallow pans to 41° F or lower within four hours.

CCP: Hold at or below 41° F before and during service.

If serving warm:

CCP: Hold for hot service at 135° F or higher.



Serving Size	1 Serving Provides	Yield
½ Cup	½ cup of fruit	100 Servings

Recipe by Iowa Gold Star Recipes 2013, Iowa Department of Education

Activity

Berry Toss Game

Explain: Berries are picked from a field where they grow. After the berries are picked, they are put into small crates/baskets and sent to the store for us to buy. Let's see how fast we can get our berries into the basket.

1. Make 1-3 berry beanbags using blue, black, or red felt filled with rice. Cut green felt in a leaf shape and tape on top of the berry beanbag.
2. Set 5 baskets in a row. Have children line up, close enough for the bag to land in the basket, but far enough to allow child space to run.
3. Have the students throw the beanbag into the basket, then run to get it and run it back to the next student. Continue until at least all children have had a turn.

Adapted from National Recreation and Parks Association, original source Utah State University Extension

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