



Strawberries

FIND LOCAL STRAWBERRIES IN ARIZONA:

Harvest Months: March - June

Farms to get LOCAL strawberries:

- Blue Sky Organic Farms:
Litchfield Park, AZ

2026 Producer List



To ensure food safety with **fresh strawberries** always thoroughly wash under running water immediately before cutting and eating.

STRAWBERRY HARVEST FACTS!

- National Strawberry Month is celebrated every May to honor the sweetness, versatility, and health benefits of strawberries. Strawberries are packed with vitamin C, folate, and fiber. Strawberries belong to the rose family, which also includes roses, apples, cherries, and raspberries.
- Strawberries are the only fruit with seeds on the outside, with an average of 200 seeds per berry.
- Strawberries do not ripen after picking, so avoid picking berries with white tops or tips.
- The size and shape of a berry doesn't determine its flavor. Even small berries can be sweet and juicy.
- Strawberry plants are perennials, meaning they will grow back year after year. They can last up to 5 years.
- Don't rinse cut strawberries under water until you're ready to eat them—it speeds up spoiling

LOCAL STRAWBERRY RECIPE:

Strawberry Salsa

Taste the sweet heat of fresh strawberries and spicy jalapenos in this homemade salsa! Serve with baked cinnamon & sugar tortilla crisps.

Ingredients:

- 2 ½ cups fresh strawberries, hulled and diced
- ½ cup red onion finely diced
- 1 whole jalapeno seeded and minced
- ¼ cup fresh cilantro, chopped
- 2 tbsp lime juice freshly squeezed
- 1 tsp honey (optional for sweetness)

Instructions:

- Dice strawberries, red onion, jalapeno, and chop cilantro, combine.
- Drizzle fresh lime juice and honey over mixture, toss gently to mix ingredients.
- Let the salsa rest for 10 minutes before serving.

QUICK MATH: STRAWBERRIES



**One Pound Fresh, Whole Strawberries as purchased (AP)
provides 10, ¼ cup servings**

**One Pound Fresh, Whole Strawberries as purchased (AP)
provides 5, ½ cup servings**



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