



A month of Strawberries!

Backyard gardeners love to grow strawberries because they come back every year and are delicious to eat! Strawberries are most successful grown in full sun and from bare root starts to ensure roots are strong. Strawberries in Arizona can be planted after mothers day, and choose the everbearing variety to get fruit all season long!

Strawberries you get from the store are grown in California or Mexico. Farms that grow strawberries in Arizona are mostly smaller family owned farms, like Mortimer Farms that locals can go to and pick their own to bring home



Strawberries naturally deliver vitamins, fiber, and particularly high levels of antioxidants. Just one serving—about eight berries—provides more vitamin C than an orange.

Strawberries also have minerals such as calcium, iron, potassium, folate which is where they get their red color. The amount of minerals goes up as the fruit ripens, that means the redder the fruit, the more antioxidants it has!



Chocolate Covered Strawberries at Home

What you'll need:

- 2 cups Semi sweet baking chocolate or milk chocolate
- 2 container (or 2 lbs) fresh strawberries
- Coconut oil

Steps: Parchment Paper

Wash strawberries and dry very well until no moisture is left

In a microwave safe bowl or double boiler, add baking chocolate and 1 teaspoon of coconut oil.

Melt the chocolate in 30 second increments, stirring after every increment, until smooth.

To avoid burning chocolate, stir regularly and add coconut oil to break up chunks.

Dip dry strawberries into a bowl of smooth chocolate, ensuring each strawberry has an even layer, leaving room to grab tops then place on parchment paper.

Place in the fridge or freezer for 15 minutes or until chocolate is hard.

Books to Read:

- Jamberry by: Bruce Degan
- The little mouse, the red ripe strawberry, and the big hungry bear By Don Wood
- Lifecycles: Strawberries By Robin Nelson