

# Growing UP ...in Ontario!



## **Do strawberries grow in Ontario?**

Yes! Strawberries can be grown anywhere in Ontario. In 2006, 3,590 acres of land in Ontario was used to grow strawberries.

## **How are strawberries grown?**

Strawberry plants bloom in early spring before the last frost. Strawberry plants can be planted in any garden soil, but the richer the soil, the larger the crop. The plant grows best in a cool, moist climate and does not grow well in warm temperatures. When the fruit is developing, the plant sends out thin growths called runners. These look like strings. They grow on the ground and send out roots in the soil. The roots produce new plants which grow and bear fruit.

## **When are strawberries available?**

Look for Ontario grown strawberries from June to July. They are the first fruit to ripen and ripe berries can be picked throughout the summer until late fall.



**PICTURE THIS!**

Strawberries grow close to the ground on stems in groups of three. The greenish white fruits turn a rich red colour when they ripen. This picture shows your strawberries being picked from a field in Ontario.

**Don't forget to  
wash your hands  
before you eat!**

Handwashing is one of the easiest and best ways to stay healthy and prevent spreading germs.

Source: Foodland Ontario (2008); Ministry of Agriculture Food & Rural Affairs (2008); Ontario Berry Growers Association (2005); Paint Your Plate! Create a Masterpiece Vegetables and Fruit Action Guide for Schools NHEP ©2006.

## **SNACK FACTS!**

- One strawberry has about 200 seeds and is the only fruit that has its seeds on the outside!
- Strawberries are a member of the rose family.

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## PRODUCE POINTERS

- Choose strawberries that are red with no green or white spots.
- To prepare, rinse strawberries before serving. Avoid soaking them in water because they will absorb the water and lose flavour.
- All strawberries, large and small, are equally sweet and juicy.

Source: Foodland Ontario (2008)

## CREATIVE CORNER

Draw a picture to show what you enjoy most about the Fruit & Vegetable Program at your school.

## SNACK SCRAMBLE!

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**Hint:** Slender growths that send roots into the soil

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**Hint:** Season when strawberry plants first bloom

## Students:

Can you complete the Snack Scramble? Do you know how your strawberries are grown? Read through this fact sheet to learn more.

## Parents:

Looking for new, tasty treat recipes? Watch for the "Olympian Fruit Freezees" handout for a healthy snack idea!

## Teachers:

Nutrition education can help students build the skills they need to make healthy food choices. For support in delivering vegetable and fruit lessons while meeting the curriculum, refer to the "Teacher Backgrounder" in section 2.2 of **Paint Your Plate!** **Create a Masterpiece** Vegetables and Fruit Action Guide for Schools.

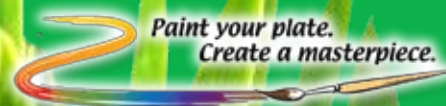
## Keep your balance!

Try to make healthy eating and physical activity a part of your daily routine. Try the Pogo Jump. With arms tight to your side, jump up and down, keeping your body as straight and aligned as possible.

Adapted from Everybody Move! Daily Vigorous Physical Activity resource (CIRA Ontario)



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For recipes and more information, visit:

[www.eatrightontario.ca](http://www.eatrightontario.ca)  
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