

# Chef in the Classroom

presents...  
**Strawberries**



Fragaria x ananassa

### A Slice of Strawberry History

The first recorded appearance of a strawberry was the small wild strawberry in Rome more than 2,000 years ago.

European explorers found another variety of wild strawberries in North America in 1588 when they landed on the shores of Virginia.

Early settlers in Massachusetts enjoyed eating strawberries grown by Native Americans and cultivated them as early as 1643.

Native American Indians called strawberries "heart-seed berries" and pounded them into their traditional corn-meal bread.

Discovering the great taste of the Native Americans' bread, colonists decided to create their own version, which became an American favorite that we all know and love ... Strawberry Shortcake.

### Did You Know?

Strawberry juice combined with honey will reduce inflammation or sunburn. Rub the mixture thoroughly into the skin before rinsing off with warm water and lemon juice.

Strawberries are an excellent source of Vitamin C. One cup of strawberries (8 medium strawberries) provides about 150% of the RDV of Vitamin C which helps your body heal cuts and wounds. It also helps your body fight infections. Strawberries are low in calories: About 55 calories per cup.

### Berries on a Straw?

Some say that strawberries were named in the 19th Century by English children who picked the fruit, strung them on grass straws and sold them as "straws of berries." Some believe that the name came from the practice of placing straw around the growing plants for protection. But most believe the name comes from how the berries are "strewed" about the plant's branches. These branches, which produce new plants from the buds at their tips, are called runners. The name "strewed berry" eventually became "strawberry".

### Just the Facts!

The scientific name for strawberries, *Fragaria* comes from the Latin word for fragrant.

Strawberries are a member of the rose family along with apples and plums. They are perennial plants meaning they grow back year after year.

Strawberries are the most popular berry in the world. The U.S. grows more strawberries than anywhere else in the world with California the top producer. One year's supply of California strawberries weighs one billion pounds.

Strawberries are the first fruits to ripen in the Spring.

Strawberries wear their seeds on the outside. There are approximately 200 seeds on every strawberry!

There are about 12 varieties of strawberry plants, some sweet, some tart. Which ones have you tried?

### U-Pick Strawberries Near You!

**Lawrence Farms Orchard** in Newburgh, 39 Colandrea Rd.  
**Fishkill Farms** in Hopewell Jct. 9 Fishkill Farm Road, 897-4377  
**Secor Strawberries** in Wappinger Falls 63 Robinson Lane, 452-6883  
**Thompson-Finch** in Ancram 750 Wiltzie Bridge Rd, 518-329-7578

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