

Harvest of the Month

Harvest of the Month is sponsored by



Strawberries

7,000 students in Western Nevada County will sample Strawberries from JSM Organics this month through Sierra Harvest's Farm to School Program!



JSM Organics

Javier Zamora started JSM Organics over 10 years ago in Monterey County. As an immigrant from Mexico, he worked for years in the food industry before starting his farming business on 1.5 acres. Today, JSM Organics operates on 200 acres of organic farmland and employs 25 full-time workers. With this incredible and hard-working team, JSM Organics has been growing incredible berries, a variety of vegetables, and flowers, that have become farmer's market favorites and sought-after finds in many independent grocers in California. Javier hosts college and university students on his farm, participates in many farm-to-school programs, and mentors others to build successful careers in organic farming. You can find JSM Organics strawberries and more at BriarPatch Food Co-op.

www.jsmorganics.com

DID YOU KNOW? Berry sweet facts!

- First cultivated in ancient Rome, strawberries are now the most popular berry fruit in the world.
- The modern strawberry is a hybrid created when a Chilean strawberry was accidentally pollinated with a Virginia strawberry.
- Strawberries are a member of the rose family, and they aren't really a fruit or a berry but the enlarged reproductive receptacle of the flower.
- In addition to red, strawberries can be white, pink, yellow, and golden-hued.
- California produces over 80% of the strawberries consumed in the United States.



Easy Strawberry Granita

- 4 cups (about 1 lb) of Strawberries - fresh or frozen
 - 2-3 Tbsp of lemon juice
 - 3 Tbsp of maple syrup, honey, or agave nectar
 - sub in 3/4 cups sugar if you prefer!
1. If using fresh strawberries, wash & de-stem and chop into halves.
 2. Place all ingredients into a blender or food processor, and blend until smooth.
 3. Pour into a freezer-safe pan or loaf pan. Spread evenly across the container.
 4. Place into the freezer.
 5. You can leave in the freezer for a few hours or overnight, and shave with a fork before serving - or - you can check every 30-40 minutes and stir the frozen edges in to the center.

A perfect treat for hot summer afternoons. You can make this recipe with an ice cream maker for a more sorbet-like texture. Serve with mint or basil leaves, a sprinkling of balsamic vinegar, or a good squirt of whipped cream. Try making this recipe with other seasonal summer berries!



A Sweet End to the School Year

We've enjoyed sharing with you the tasty treats and farmer stories over the course of this school year.

We hope you enjoyed tasting new things, maybe tried a new recipe or two, and that you continue to explore new fruits and vegetables grown by farmers in your community.

Visit the farmer's market or swing by a farm stand this summer, and thank a farmer if you meet one!



Good for your body, good for the soil...

Strawberries contain more vitamin C than oranges. Eating four large strawberries will give you the same amount of vitamin C as an orange!

Strawberries are also an excellent source of magnesium, phosphorous, calcium, potassium, folate, and vitamin K.

Strawberries are a great addition to the garden. They are perennial, meaning they will grow every year. Most varieties of strawberries propagate themselves by sending out runners, which means more berries year after year.

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www.BenefitsCal.com