



What is it ?

This small red fruit belongs to the same family as the raspberry and the blackberry.



When are strawberries eaten ?

Field strawberries : June to October

Greenhouse strawberries : November to July

Dried or frozen : Year-round

Varieties

There are more than 200 strawberry varieties in North America. All the varieties have something unique to offer. They vary in size, differ slightly in taste, and grow at various times during the season.

Impressive, huh ?

Some 75% of Canadian strawberries are produced in Quebec and Ontario.



Discovering the

STRAWBERRY



How are strawberries eaten ?

Fresh

Cooked

sliced

on cake

jam

coulis

in a salad

with yogurt

Dried

in cereal

in a tisane

a snack

How best to eat strawberries



Remove them from the refrigerator one hour before eating for greater flavour.

Wash them before hulling to prevent the water from changing their flavour.

It is preferable to eat local strawberries because they're juicier and more packed with flavour.

Tip to avoid waste

If the strawberries are soft, but not mouldy, freeze them! They'll make an excellent addition to smoothies !



CONTINUE EXPLORING THE STRAWBERRY

Actively challenge your campers, test their knowledge and discover all of this fruit's secrets.

Chat about strawberries

Duration : 5-10 minutes

Description : Talk to your campers about picking strawberries and their favourite strawberry recipes.

Ask them :

Question 1 : Have you ever picked strawberries ?

Question 2 : Have you ever picked other small fruits ?

Question 3 : During what time of year are strawberries picked ?

- Older campers (ages 10 and older): Ask them to name the months during which strawberries are picked.
- Younger campers: Ask them to name the season during which strawberries are picked.

Question 4 : How do you like to eat strawberries ?

Question 5 : What are your favourite recipes featuring strawberries ?

Question 6 : Do you know how strawberries grow ?

* View the section entitled "For the curious" to find out more.

Strawberry race

Duration : 20-30 minutes

Step 1 : Ask your campers to sit in a circle.

Step 2 : Touch the head of the campers while naming the colours of the strawberries (for example: blue strawberry, yellow strawberry).

Step 3 : When you touch a camper's head while saying "red strawberry", the camper must stand up and try to touch you before you sit down in their place. Before you sit down, you have to run around the circle twice without being touched.

Step 4 : If the camper touches you before you sit down, go back to Step 2.

Variation : Rather than run around the circle twice, you can set out a course to follow as quickly as possible.

Strawberry fields

Duration : 30 minutes

Materials : Red or white construction paper, colouring crayons, reusable adhesive (putty)

Description : Ask your campers to cut out their strawberry or draw it. Then have them decorate it and write their favourite moment at camp on it. Stick the strawberries in a place chosen with your campers to create a strawberry field.

Nourish your expressiveness !

Power Up challenges you to integrate the following expression into your activity :

"Like giving strawberries to a donkey !"

Challenge your campers to respond by saying "It's the berries" or coining another expression. If they forget to respond, you can present them with a challenge.



CONTINUE EXPLORING THE STRAWBERRY

It's time for a taste test !



Taste it !

Duration : 30 minutes

Objective : Use the five senses to explore the strawberry in all its forms with your campers.

Materials : One local strawberry per camper, one pair of tongs to distribute them.



Examine it with your eyes

- If you cut it in half, what difference do you see between the inside and the outside ?
- Does its colour remind you of another fruit or vegetable ?
- Do you find it appetizing ?



Explore it with your hands

- What do you think of its shape ? Is it uniform ? What does it make you think of ?
- How would you describe its texture (smooth, soft, coarse, etc.) ?



Recognize it through its smell

- Do you like its smell ? Why ?
- What exactly does it smell like (floral, fruity, fresh, subtle, etc.) ?
- What does its smell make you think of (a place, a time, a celebration, a person) ?



Its sound

- Have you listened to the sound it makes when you bite into it ? Can you describe it ?
- Is the sound faint or distinct ? Is it like the sound you hear when you bite into a water melon or a carrot ?



Discover it with your mouth

Its taste

- Do you like its taste ? Why ?
- Use one word to describe its taste.
- Is its smell representative of its taste ?
- Does its taste remind you of any other foods ?

Tastes

- Sweet: like candy
- Bitter: like grapefruit
- Acidic: like lemon
- Salty: like salt

Its texture inside the mouth

- Can you find a word to describe the strawberry's texture inside the mouth ?
- What do you like or dislike about it ?
- Can you compare its texture to other foods you've eaten ?

Textures

- Crunchy : like a celery
- Crispy : like a dried banana
- Sticky : like caramel
- Juicy : like an orange



Don your aprons !

Ready, set, cook! Visit www.tremplinsante.ca to view recipes that feature strawberries :

- Cranberry and strawberry squares
- Strawberry and rhubarb cake



For the curious

Strawberry plants have stems that crawl along the ground and form roots to create new plants.

For additional ideas on words to use to taste foods with the senses, please refer to the [Tasting Expert](#) activity on the PU portal :

<https://portail.tremplinsante.ca/>

