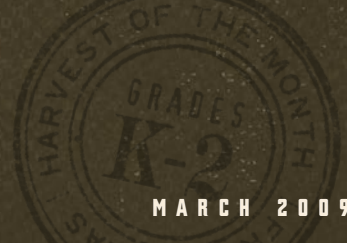


FARM FRESH HARVEST OF THE MONTH



BERRY VARIETIES

Oregon has many native berry varieties including the marionberry, wild blackberry, huckleberry and salmonberry.

GEOGRAPHIC LOCATOR

The Harvest of the Month for March are frozen Oregon Marionberries and frozen Oregon Strawberries. They come to us from Willamette Fruit Company.

OREGON BERRY FACTS

- Native American Indians called strawberries “heart-seed berries” and pounded them into corn-meal bread. Colonists created their own version, which we know today as strawberry shortcake.
- Strawberries and blueberries are native to North and South America.
- All berries are harvested by hand, not by machines, because they are very fragile.
- Strawberry seeds will not grow into a plant. Instead, the strawberry plant reproduces by sending long tendrils out to new soil. These shoots then take root and grow a new plant.
- Berries grow on different plants including bushes and canes. These plants live for many years and grow a new crop of berries each year.
- Berry plants produce small flowers. Once pollinated by insects, the flowers then grow into berries.
- Older strawberry varieties include Tillamook, Hood, Totem, Marshall, Siletz and Shokusan.
- The part of the berry plant we eat is the fruit.
- Bees collect pollen from berry flowers and use it to make honey.
- Raspberry leaves can be used as a medicine.
- Berries are harvested from late June through September, depending on the berry.
- Berries are full of Vitamin C, which helps our skin, bones, teeth and gums stay healthy. Vitamin C helps wounds heal quickly and keeps our brains working well.
- Berries are good for making jam, freezing and drying.

ACTIVITY

Berries In the Winter?

FOR GRADES K-2

Materials

chalk or dry-erase board

chalk or markers

- 1) Ask students when berries are ripe and ready to be eaten off the vine. Then ask students to brainstorm how we are able to eat berries in the winter, even though they were harvested in the summer?
- 2) Explain to students that we freeze berries to make them last longer so we can eat them during the winter when berries don't grow. Freezing food is a form of 'food preservation'. Since most fruits and vegetables grow during the summer, we preserve them to keep them fresh through the winter when it's too cold to grow food. We make jam, freeze, can or dry berries to preserve them.
- 3) As a class, brainstorm other methods of food preservation and list them on the board, your list may look something like this: refrigeration, freezing, canning, drying, jams, pickling, smoking, curing with salt, fermenting and juicing. Ask students to think about the food in their pantry if they need a hint. Ask students if they can list any foods that get preserved in the ways listed above.