

# • STRAWBERRY



Strawberries are red. They have seeds on the outside. Strawberries are sweet. They are in the rose family.

Strawberries are also good for you! They are low in calories. They also have vitamin C and K. Strawberries are grown in every state.



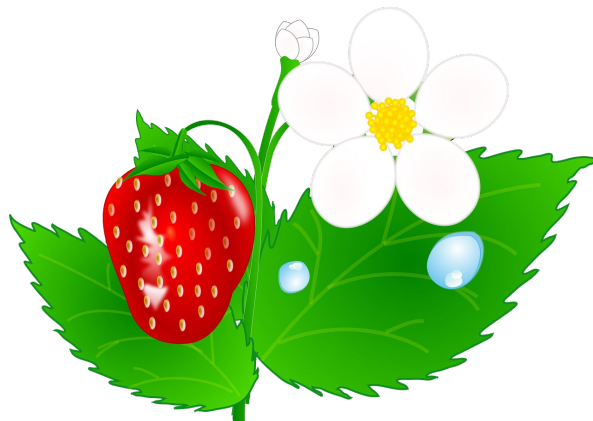
## Frozen Strawberry Bars

2 cups strawberries  
1 Tbsp. sugar  
1 tsp. lemon juice



Puree fruit in blender, adding a tablespoon or two of water if necessary. Add sugar and lemon juice and blend. Pour into popsicle molds OR small cups and insert sticks. Freeze until solid. Just before eating, remove cups by running warm water over them.

The  
strawberry is  
Oklahoma's  
state fruit.



Scan the QR  
code for a fun  
strawberry craft!

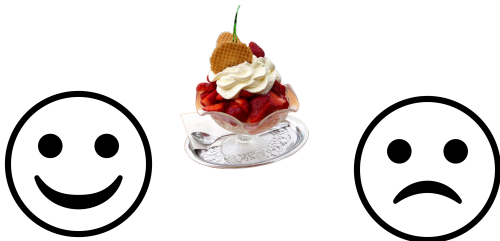


I like to eat strawberries in:

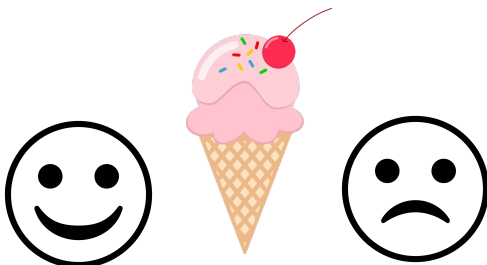
**strawberry jelly**



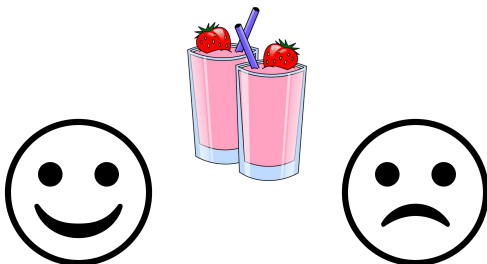
**strawberry shortcake**



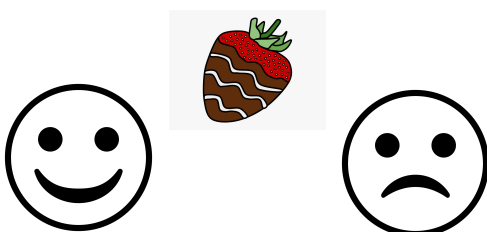
**strawberry ice cream**



**strawberry milk**



**chocolate covered strawberries**



## STRAWBERRY MOON SAND

4 cups of white or red play sand

2 cups of corn starch

½ cup to 1 cup of water

1-2 strawberry flavored drink mix packets

Combine the sand, flavored drink mix, and corn starch in container and mix well. Slowly add the water a little at a time and mix. Slowly add more water until the desired consistency is reached. For a richer color, add both flavor packets. Store moon sand uncovered or it will grow mold. It will dry out, but just add water to return it to the desired consistency.

