

# STRAWBERRY



Strawberries are a member of the rose family. Strawberries are the only fruit with the seeds on the outside rather than on the inside. On average, there are about 200 seeds on a strawberry. They are also the first fruit to ripen in the spring. The flavor of the strawberry is influenced by weather, the variety, and the stage of ripeness when harvested. California produces 75 percent of the nation's strawberry crops, but strawberries are grown in every state in the United States.



According to the United States Department of Agriculture, the annual amount of fresh and frozen strawberries eaten per person is 4.85 pounds. 94 percent of United States households eat strawberries. Strawberries are also good for you! One cup of strawberries has only 55 calories. One serving of strawberries contains more than 100 percent of the recommended daily value for vitamin C. Strawberries, as well as other berries, are also high in polyphenols. Polyphenols act as antioxidants and can help protect your heart, protect against cancer, and protect against inflammation in the body.



## 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.



**A strawberry is not an actual berry, but a banana is!**



**The strawberry is Oklahoma's state fruit.**

## Strawberry Ice Cream in a Bag

- 1 cup heavy cream
- 1 cup 2% milk
- ½ tsp vanilla
- ¼ cup frozen sliced strawberries
- ¼ cup sugar
- Ice
- ¾ cup rock salt
- 1 gallon size ziplock bag
- 1 quart size ziplock bag
- Duct Tape
- Scissors
- Kitchen towel or oven mitts



1. Pour milk, whipping cream, sugar, vanilla, and strawberries in the quart size bag. Close the bag and make sure it is completely sealed. Tape the seal with duct tape.
2. Place the quart size bag with the ice cream ingredients inside the gallon ziplock bag.
3. Pack ice around small bag.
4. Add rock salt to ice.
5. Seal the gallon size bag with duct tape.
6. Shake the bag while protecting your hands with the towel or oven mitt
7. Continue shaking for 5-10 minutes until the ice cream has reached the right consistency.
8. Open the outer bag with scissors and discard the ice and salt.
9. Rinse the bag of ice cream before cutting the seal so no salt gets into the ice cream. Cut off the duct tape and eat out of the bag or transfer to a bowl to enjoy!

## STRAWBERRY DNA

Scan the QR code to complete the activity,



1. Why do strawberries contain DNA?

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2. Where is DNA found?

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3. Explain what the strawberry DNA looks like.

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4. What barriers must be broken to access the DNA?

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