



May Fresh Fruit & Vegetable Program

DID YOU KNOW?

The Life Cycle of a Strawberry

Strawberries start out as small white flowers. Once pollinated by bees or other insects, the flower turns into a small green fruit. Then the fruit grows using nutrients from the soil, water, and sun until it turns into a ripe red strawberry! Each fruit has 200 seeds that can each grow into a new strawberry plant!

Scan the QR code to learn more about fruits & veggies!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 <ul style="list-style-type: none"> • grape tomatoes • ranch dressing 	5	6 <ul style="list-style-type: none"> • watermelon
9	10	11 <ul style="list-style-type: none"> • beet cubes • italian dressing 	12	13 <ul style="list-style-type: none"> • red grapes
16	17	18 <ul style="list-style-type: none"> • broccoli florets • ranch dressing 	19	20 <ul style="list-style-type: none"> • strawberries
23	24	25 <ul style="list-style-type: none"> • cauliflower florets • italian dressing 	26	27 <ul style="list-style-type: none"> • peach slices
30	31	6/1 <ul style="list-style-type: none"> • yellow squash slices • ranch dressing 	6/2	6/3 <ul style="list-style-type: none"> • kiwi slices