



Strawberries
and
raspberries

Strawberries and raspberries



★ Did you know?

- ★ Strawberries are strange fruits because they have their seeds on the outside. Fruits like these have a special name: "achenes".
- ★ There are more than 200 types of raspberry. Their colours can include purple, gold and black, although red is the most common you can buy.
- ★ Raspberries used to travel in style – a train called The Raspberry Special would bring the fruit from growers in Scotland to Covent Garden Market in London.

Grow: Are they a fruit or vegetable?

Both strawberries and raspberries are fruits and are members of the large Rose plant family, which includes apples, pears and roses.

How do they grow?

Strawberries are small bushy plants. They produce flowers in spring and summer, then the fruits start to swell and ripen. Raspberries grow on long stems called "canes" – these are much taller plants, so are often grown with some kind of support to keep them upright.

Should I grow them?

Yes. Strawberries are easy to grow – the simplest way is to buy them as small plants, rather than growing them from seeds. They also do well in pots and containers. Raspberries are useful to grow in the garden because they grow vertically and don't take up much space. You can buy bundles of raspberry canes, or plants that are already growing in pots. Raspberries require a little less sunlight than strawberries, but are much trickier to grow in containers.

When are they ready?

You'll see the fruit darken in colour. They won't all be ready at the same time, so pick little and

Taste these

- Wild strawberries
- Golden raspberries
- Black raspberries

Pick for the school plot?

- Yes
- No

Plant it

-  Spring
-  Summer
-  Autumn
-  Winter

Eat it

-  Summer
-  Autumn

often and taste a few first to check the fruit is sweet. In the UK, strawberries are a mid summer crop, while raspberries are in season from early summer to the start of autumn.

Shop: what should you look for?

The fruit should be plump and bright in colour. Check that none are squashed or damaged, as berries go bad quickly if bruised.

How do you store them?

Strawberries and raspberries don't keep for long. They need to be kept in a cool, dry place and treated gently. If you put them in the fridge, let them come up to room temperature before eating.

Eat: How can you eat it?

Strawberries and raspberries can be eaten raw straight off the plant. They're delicious served with yoghurt and honey for breakfast, and in fruit salads, smoothies, jams, or baked into crumbles, tarts or cakes.

Why is it good for you?

Berries, such as strawberries and raspberries, are a great source of vitamin C. Vitamin C helps to keep our immune system working properly so we can fight illness and flu.

Key info for teachers



Key facts

- ★ Strawberry production has evolved enormously over the last few decades. During Victorian times, the season was fleeting – just a month or so. Now modern growing techniques, such as the use of polytunnels and new varieties, extend the season by three or four months.
- ★ Raspberries enjoy a cool climate and Scotland is a key area of production in the UK. There are many varieties, including those that are ready in summer or later in autumn.
- ★ Strawberries are the only fruit with seeds on the outside. There are about 200 seeds on each berry. Raspberries are made up of many tiny fruits, called “drupelets”, each with their own skin and seed.
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Curriculum links

Literacy/D&T

The perfect smoothie

Make smoothies and discuss the features of a written recipe. Get the children to create their own smoothie recipe, and then design a label or container. This could include a name, slogan, logo, nutritional information, best-before date and ingredients. You might also like to look at examples of products already on the market.

Art

Zoom in

With magnifying glasses, look closely at the structure and pattern of the seeds on the skin of a strawberry, or the circular structure of a raspberry. Then use various textured materials, such as bubble wrap, polystyrene or egg boxes, to create “zoomed-in” modern artwork of the repeated patterns that the children find. Or use the fruit to make edible fruit sculptures, using toothpicks to connect the fruit. The work of sculptor Anish Kapoor might provide further inspiration.

Science

Taste buds

Arrange a blindfolded fruit tasting to explore the nuances of sweet and sour tastes. Link this experience to investigating the ripeness of the fruit, looking at the colour change of the berries. The children could even draw or paint the fruit at different stages of ripening.

Tips for teachers



- ★ Always choose deeply-coloured berries because these will have the most flavour and will be nice and juicy.
- ★ Don't wash berries until just before you are ready to use them. To wash, submerge them in a bowl of cold water, gently shake them about a bit, and leave them to dry gently on paper towels. Raspberries are hollow, which makes them more fragile, so take care when washing.
- ★ Encourage the children not to over-mash the berries – just gently squash them, otherwise they'll end up with a juicy mess.

Berries and yoghurt

Serves 6



Jamie's top tip

If you want your berries to taste amazing, the answer is to try to buy locally and in season and keep them out of the fridge.

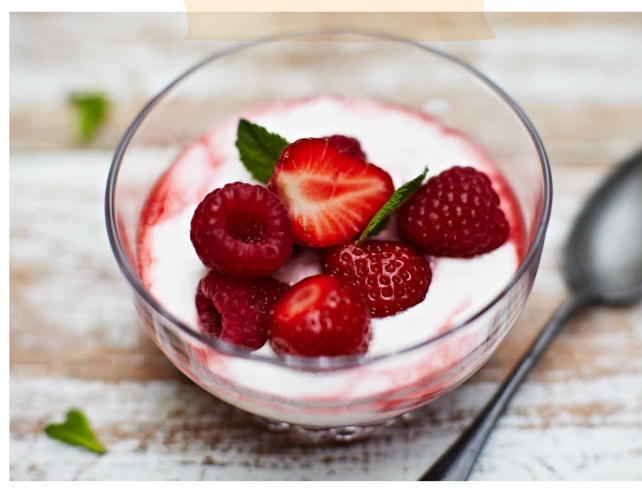


Ingredients

- 250g strawberries
- 250g raspberries
- 450g natural yoghurt
- optional:** runny honey
- 2 sprigs of fresh mint

Equipment list

- Knife
- Chopping board
- Mixing bowl
- Fork
- Serving bowls
- Measuring spoons



Here's how to make it



- 1** Pick the leafy tops off the strawberries.
- 2** Cut the bigger strawberries in half on a chopping board and leave the smaller ones whole.
- 3** Put half the berries into a bowl and use a fork to gently squash and mash them together.
- 4** Divide the smashed berries between your serving bowls, then spoon equal amounts of yoghurt into each.
- 5** Gently stir everything together so you get a nice rippled effect.
- 6** Scatter over the remaining berries and drizzle a teaspoon of honey over each bowl, if you like.
- 7** Pick the mint leaves and scatter over the top, then serve.



Perfect Eton mess

Serves 16



Equipment list

- Large baking tray
- Scissors
- Greaseproof paper
- Large mixing bowl
- Small mixing bowl
- Electric hand whisk
- Weighing scales
- Spoon
- Oven gloves
- Chopping board
- Knife
- Fork
- Teaspoon
- Medium mixing bowl

Jamie's top tip

Meringues are the perfect mix of light, crisp and sweet. Crush them to make an Eton mess, make a big one for a Pavlova or just eat them on their own.

Jamie's top tip

Always start with clean, dry equipment because grease, water or oil in bowls or on whisks will stop your whites from whipping. Also make sure your egg whites have no bits of shell or yolks in them because egg yolks contain fat and fat is the enemy of meringues.

Ingredients

- 2 large free-range eggs
- 100g caster sugar
- sea salt
- 400g strawberries and raspberries
- 1 vanilla pod
- 250g Greek yoghurt
- 100ml double cream

Allergy info



dairy,
egg



For nutritional information, ask your teacher.

Super quick strawberry ice cream

Serves 6



Freezing fruit such as strawberries is a great way of preserving a summer harvest, but bags of frozen fruit from the supermarket are great for this too. The best way to freeze strawberries yourself is to wash them and remove the green stalk, then pop them in a sealed plastic freezer container lined with a sheet of baking parchment - make sure they stay in one layer to stop you ending up with a block of frozen fruit. This ice cream can't be refrozen, so make sure you eat it straight away. Frozen raspberries or blueberries work well too.

Ingredients

- 400g frozen strawberries
- 2 tablespoons runny honey, plus extra for drizzling
- 150g natural yoghurt
- 200g fresh berries, such as blueberries, raspberries, blackberries
- optional:** 1 orange

Equipment list

- Serving bowls
- Weighing scales
- Food processor (standard blade)
- Measuring spoons
- Serving spoon
- Microplane



Here's how to make it

- 1** If you've got some space in the fridge or freezer, pop your serving bowls in to chill for a few minutes before you start.
- 2** Tip the strawberries into a food processor.
- 3** Add the honey and yoghurt to the strawberries.
- 4** Pulse until just combined – don't over mix or it'll melt.
- 5** Remove the chilled bowls from the fridge or freezer, then spoon in the ice cream.
- 6** Sprinkle over the fresh berries and drizzle each one with a little honey.
- 7** Use a microplane to finely grate the orange zest (if using) onto a chopping board, then sprinkle over the top and tuck in.