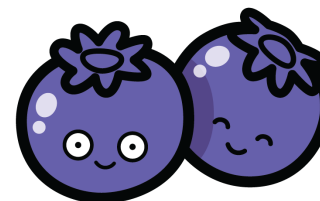


Harvest of the Month

May's Harvest: Berries

All About Berries:

- Blueberries are the number one fruit produced in Georgia. Georgia farmers also grow strawberries, blackberries, and other berries.
- Strawberries are grown in every US state and are the first fruit to ripen in the spring.
- Local berries are typically available from mid-April through July.
- Many farms offer 'you pick' options for [strawberries](#) and [blueberries](#).



Ways to Celebrate Berries:

- May is National Physical Fitness and Sports Month. Create berry themed obstacle courses or games to get kids moving, and berry-infused water to keep kids hydrated!
- Download and share the Harvest of the Month family newsletter.
- Take a field trip to a berry farm.
- Review the Harvest of the Month recipes and serve berries at least once per week.
- Use the Harvest of the Month activities to provide food-based learning every week:

Week 1	Children will be introduced to berries as the Harvest of the Month, and make a fruit taco.
Week 2	Children will learn how berries grow and complete a berry art activity.
Week 3	Math skills will be reinforced through a berry book and counting activity, and children will make a berry yogurt parfait.
Week 4	For National Physical Fitness and Sports Month, the children will participate in active games that incorporate berries, and hydrate with a fruit-infused water.

May's Harvest of the Month: Berries

Week 1

Berries Introduction

PDM2: The child will participate in activities related to nutrition

PDM4: The child will use senses to explore the environment and process information

Materials:

- Mystery box or bag: [Watch this video](#) for tips on making one
- Harvest of the Month poster: download in [English](#) or [Spanish](#)
- Berries
- Magnifying glasses or other sensory exploration tools (optional)

Instructions:

1. Put berries inside a 'mystery box' or bag. They are more delicate than other Harvest of the Month items, so encourage the children to reach in gently and try to guess what's inside without peeking. Ask questions like "what does it feel like?" and "what do you think is inside?"
2. Reveal the fruit and explain that berries, like blueberries, strawberries and blackberries are the Harvest of the Month.
3. Pass out one or more types for the children to explore. They can sort, compare and dissect the berries.
4. Complete a berry taste test to compare different types, and/or make the recipe below.



Fruit Tacos

PDM2: The child will participate in activities related to nutrition

Ingredients:

- Pancakes or waffles
- Soft, fresh fruit, like strawberries, blueberries, kiwi and bananas
- Optional: nut or seed butter or yogurt

Directions:

1. Wash fruits.
2. Using a plastic, kid-safe knife, instruct children to cut fruit into small pieces, reinforcing the names of each fruit.
3. If desired, spread nut or seed butter or yogurt onto the pancake or waffle.
4. Top with fruit, and fold into a taco.



May's Harvest of the Month: Berries

Week 2

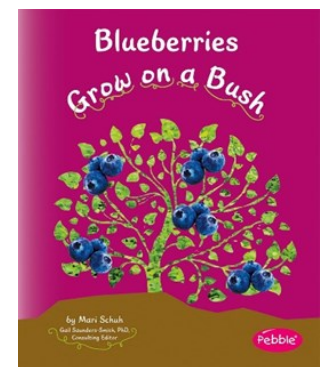
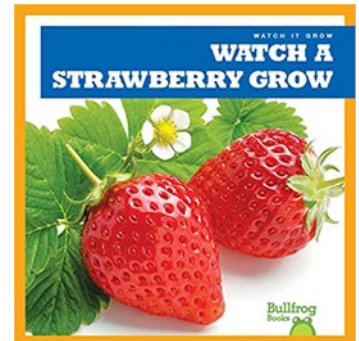
Berries Grow on a Bush

CD-SC3: The child will demonstrate knowledge related to living things and their environment

Use books, videos or pictures to show children how different berries grow. Or, take a field trip to a farm! Check out our book list for this month, and here are some helpful videos:

- [Meekah visits a blueberry farm video](#)
- [Blippi picks strawberries video](#)
- [Time lapse video of a strawberry growing](#)

Get moving with this song to introduce how blackberries grow (*sing to the tune of All Around the Mulberry Bush*), then create a blackberry bush art:



Sing	Action
Let's skip around the blackberry bush	Skip in place
Picking lots of berries	Pretend to pick berries
Bring them in and wash them off	Pretend to wash berries
Yum go the berries	Pretend to eat the berries

Berry Bush Craft

PDM2: The child will create and explore visual art forms to develop artistic expression

Materials:

- Large, white paper
- Pieces of white paper cut into blackberry shapes
- Leaves
- Green and dark purple paint
- Tape or glue

Instructions

1. On a large piece of white paper, have children use leaves to stamp green paint onto paper to create a bush. Let dry.
2. On small pieces of paper, have children use their fingerprints to create blackberries. Let dry.
3. Tape or glue the berries onto the bush and display.



May's Harvest of the Month: Berries

Week 3

Berry Counting

CD-MA1: The child will organize, represent, and build knowledge of numbers and quantity

This activity helps children develop math skills.

Materials:

- A book about berries. "Blueberries for Sal" or "The Very Berry Counting Book" work well for this activity.
- Blue pom poms
- A tin pail or container to hold the 'berries'
- Optional: large dice, jumbo tweezers or tongs

Instructions

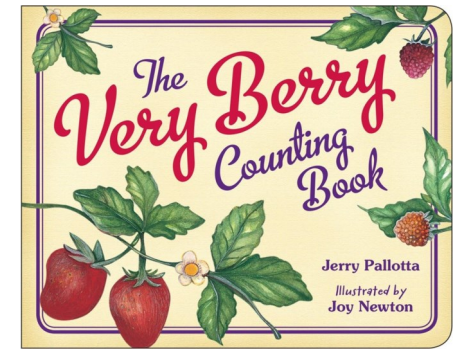
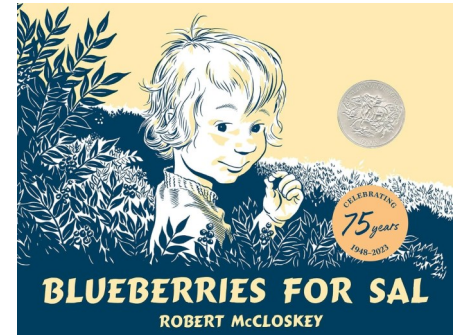
Toddlers: have children count out loud as you, or they, add pom poms to the pail or container. Sing this chant:

Pick berries high (reach up high)

Pick berries low (bend down low)

Pick berries on a bush, 5 in a row: 1, 2, 3, 4, 5

Preschoolers: have children roll the dice and add that many 'berries' to the pail. Use jumbo tweezers or tongs for fine motor skill practice. Ask questions like "how many would you have if you put one more in the pail?," or "how many would you have if two fell out of the pail?"



Berry Yogurt Parfait

PDM2: The child will participate in activities related to nutrition

Materials:

- Yogurt
- Berries and other fruit
- Optional: granola or dry cereal

Instructions

Children can help wash and slice fruit, then assemble their own parfait. Reinforce math skills by having children count their berries as they add them to the parfait, or use this [picture recipe card](#) to help promote early literacy skills.



May's Harvest of the Month: Berries

Week 4

We're "Berry" Excited for Physical Fitness and Sports Month!

PDM5: The child will demonstrate gross motor skills

May is National Physical Fitness and Sports Month and a fun time to try some new active games! Here are some ideas to get you started:

- **Blueberry Picking Relay:** Place blue balls (or balled up construction paper or socks) inside a hula hoop. This is now the 'blueberry bush'. Place a basket or bucket on the other end of the play area. Instruct the children to line up by the basket. Explain that they are going blueberry picking, and they will need to run to the bush (hula hoop), scoop up one blueberry (ball) at a time, and hurry back to place it in the basket...without dropping the blueberry! Play as a relay with one or more teams.
- **Strawberry Patch Obstacle Course:** create an obstacle course with painters tape and plant 'strawberries' (red or pink Easter eggs, balls, etc.) along the path. Instruct children to walk along the tape, squat down to pick up berries, and place them in their basket...while staying on the tape!
- **Letter "B" Scavenger Hunt:** start by reviewing that berries start with "B" and listening to ["Learn the Letter B"](#) by Jack Hartmann. Then, take the children on an outdoor scavenger hunt for words that start with "B." When someone finds and shouts out a "B" word, everybody can b-b-bounce to celebrate!



"B" Scavenger Hunt Ideas

Bug	Butterfly	Bird
Branch	Bush	Bucket
Ball	Blossom	Bag
Beans	Bubbles	Bench
Book	Boots	Box

Fruit Infused Water

PDM2: The child will participate in activities related to nutrition

It's important to drink water when we're being active, especially when the weather is warmer. Stay hydrated with infused water! Add fruits and/or herbs to a pitcher, squish them a little to get the natural juices out, then add water and chill. Here are some popular combinations featuring berries:

- Blueberries and lemon slices
- Strawberries and fresh basil
- Blackberries and fresh mint

