

MAY 2024 | BERRIES

HARVEST OF THE MONTH

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KNOW IT!

Georgia's known as the peach state, but blueberries are the number one fruit produced here! Georgia farmers also grow strawberries, blackberries, and other berries. You can find local berries from about mid-April through July, you can find a farm to pick your own [here](#). Fresh berries are delicious plain, or as a topping to salads, yogurt, and cereal, and mixed into pancake or muffin batter.



FAMILY ACTIVITY! FARMER SIMON SAYS



May is National Physical Fitness and Sports Month. Kids who are active learn, sleep, and feel better. Get your family moving with an active game of Farmer Simon Says. Use phrases like “run through the blueberry patch”, “squat down to plant seeds”, and “hop like a bunny in the garden.”

MAKE IT!

BERRY INFUSED WATER

We need more water when it's hot out and we're being active! Flavoring water naturally with fruits and herbs is a great way to stay hydrated. Try one of these combinations:

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

Instructions

- Add fruits and herbs to a pitcher or cups. Use a spoon or straw to squish them a little to get some of the natural juices out.
- Add water and ice. Enjoy right away, or for a stronger flavor, leave it in the refrigerator for about an hour before drinking.

