

Indigenous Food Hubs

2025 Harvest of the Month



JUNE: STRAWBERRIES

CULTURAL SIGNIFICANCE

Many tribes in the Americas use wild strawberries as food and medicine and have for thousands of years. Many tribes also celebrate June as the Strawberry Moon as it is the month when most strawberries are ripe for picking. They are seen as a symbol of love and gratitude, and some tribes call them “the heart berry” for their shape and medicinal properties.

POTAWATOMI STRAWBERRY CREATION STORY

“Skywoman’s beautiful daughter, whom she carried in her womb from Skyworld, grew on the good green earth, loving and loved by all the other beings. But tragedy befell her when she died giving birth to her twins, Flint and Sapling. Heartbroken, Skywoman buried her beloved daughter in the earth. Her final gifts, our most revered plants, grew from her body. The strawberry arose from her heart. In Potawatomi, the strawberry is demen, the heart berry. We recognize them as the leaders of the berries, the first to bear fruit.”

- Robin Wall Kimmerer

NUTRITION AND FUN FACTS

- Strawberries aren’t actually berries! By the botanical definition, a berry has seeds on the inside of the fruit, and strawberries have seeds on the outside - about 200 on each one.
- They are the first fruit to ripen in the spring.
- Strawberry plants can live and produce fruit for five years or more.
- California produces the most strawberries in the United States.
- Strawberries are high in vitamin C and fiber and low in calories - only about 50 calories per cup!
- They are also rich in antioxidants including anthocyanins, which protect your cells and support your immune system.
- Strawberries can help improve heart health and lower blood pressure.



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RECIPE FOR TRIPLE BERRY PARFAIT



PREP & COOK TIME

1 hour



SERVINGS

6 servings

INGREDIENTS

- Water: 2.5 cups
- White sonora wheat berries, dry: 1 cup
- Blueberries, fresh: 1 cup
- Strawberries, fresh, sliced: 1 cup
- Yogurt, vanilla, low-fat: 3 cups
- Honey: 2 tbsp



DIFFICULTY:

☒ EASY ☐ MEDIUM ☐ HARD

DIRECTIONS

1. Add water to a pot and bring to a boil.
2. Reduce heat to medium, add white Sonora wheat berries, and lightly boil until berries are soft (about 45 minutes)
3. Remove from heat, drain and allow to cool.
4. Portion 1 parfait in 16 oz cup per serving.
5. Layer $\frac{1}{2}$ cup cooked wheat berries, $\frac{1}{4}$ cup blueberries, $\frac{1}{4}$ cup strawberries, and $\frac{1}{2}$ cup yogurt in each parfait cup.
6. Drizzle 1 tsp of honey on each parfait cup.
7. Refrigerate leftovers.

NOTES

- 1 parfait has approximately 300 calories, 3 grams of fat, 61 grams of total carbs (including 18 grams of sugar)
- 1 parfait provides 1 oz eq whole grain and $\frac{1}{2}$ cup fruit



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