

## Celebrating BC's Strawberry Season



Did you know that strawberries were first cultivated in the 16<sup>th</sup> and 17<sup>th</sup> centuries? These magnificent fruits are very high in vitamin C, potassium and antioxidants and are now in season in BC!

For this week's Environment and Healthy Living activity, we are going to learn how to make a tasty and nutritious strawberry smoothie with chef Laura Moore, the creator behind all the amazing Buy BC recipes!

You can find the smoothie recipe on the Buy BC website by following this link:  
<https://buybc.gov.bc.ca/2020/01/23/bc-strawberry-smoothie/>

Supporting local food has never been more important. During this global pandemic, communities across the globe have turned their attention to creating stronger local food systems to help support food producers and the economy. You can be part of the support by purchasing BC products. A great way to find BC product is by visiting your local Farmers' Market.

For a complete list of BC farmers' markets that are open, follow this link to the BC Farmers' Market Trail: <https://bcfarmersmarkettrail.com/>

**Note:** Due to COVID-19 safety protocols, many farmers' markets across the province have now started selling virtually, so be sure to check as you may be able to order your ingredients online.