

# National Strawberry Picking Day



## A case for celebrating.

If you've been around here long, you've heard us talk about marking the seasons. We think it matters, not just for staying on top of your calendar, but for your spiritual practice.

Not every season is perfect and beautiful. Not every season seems significant. But there's so much value in being present for all of them. To notice the subtle shifts, to slow down, and to engage with God and one another wherever we find ourselves.

And if there ever were a perfect season, well, (Give us your best Justin Timberlake, everyone...) "It's gonna be MAY."

We're grateful for warming weather, the promise of summer breaks around the corner and a break from tight schedules. And we're celebrating by grabbing some friends and family, heading to a local farm, and picking strawberries!

**National Strawberry Picking Day is May 20, officially, but you can pick a day and join us anytime this month!**

What better way to mark the season than by getting outside while fruits are ripe, picking them, sharing them, and enjoying them with one another?

And come on, they're just delicious!

## How to celebrate.

- 1 Pick your group. Family plus a couple friends is a great start!
- 2 Pick your place. Pro tip: Do this first so you can call and ask when the best time to pick is, based on ripeness!
- 3 Pick your date and send a calendar invite to everyone!
- 4 Pick up and go! Once you're there, they'll tell you everything you need to know.

# Frequently Asked Questions

How do I find a strawberry farm to pick strawberries at?

- Start with a Facebook search. Then call, visit their website, or Google. Sometimes you can just drive by! If you take the drive-by approach, roll by slowly. Look at the signage. Hand-painted signs means it's the best.

Can I eat the strawberries while I pick them?

- We won't tell you to... but we won't tell you *not* to either. Does anything taste better than a berry that's just been picked and slightly covered in mud? I don't think so.

What about bees?

- Don't bother them, they won't bother you. But if you must, be sure to make a big scene flailing your arms and screaming and such. More fun for other people to watch that way.

Do I need sun protection?

- Yes, always, even when it's cloudy. Our dermatologists said so. Especially if it's Sunscreen Protection Day.

But what do I do with all the strawberries?

- The options are endless. Eat them. Or eat them as part of another delicious food item. Strawberry shortcake. Jam. Jelly. Smoothies. Syrup. Pancakes. Ice cream. You get the idea!

Can I go by myself?

- I mean, no one is stopping you, but how introverted are you?

What if strawberries aren't in season yet?

- Are blueberries ready? Move the date, if you need!

Is a strawberry a fruit or a vegetable?

- We hate this question whenever it comes up. But it is all about the seeds.

What happens if you swallow the seeds?

- Well, they grow in your belly. Good luck, everyone!