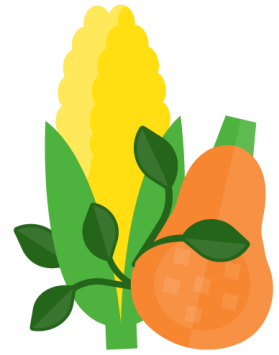


Quick Strawberry Jam



Yield: 2 - 3 cups (500 – 750 ml)

Preparation time: 10 minutes

Cook time: 15-20 minutes

Equipment:

- ❖ Cutting Board
- ❖ Strawberry huller
- ❖ Paring knife
- ❖ Potato masher
- ❖ Measuring cups
- ❖ Plate
- ❖ Measuring spoons
- ❖ Wooden spoon
- ❖ Glass jars with lids
- ❖ Induction hot plate
- ❖ Large sauce pan

Ingredients:

- ❖ 4 cups (1 litre) ripe strawberries, hulled and sliced (can use frozen instead)
- ❖ ¾ cup raw granulated sugar (1 cup if using frozen)
- ❖ 2 tbsp lemon juice

Directions:

- ① Wash and hull strawberries
 - ② Combine the strawberries, sugar and lemon juice in saucepan over medium heat.
 - ③ Bring the strawberry mixture to a rolling boil, stirring frequently with a wooden spoon and mashing the strawberries slightly (I used a potato masher for this). CAUTION: The jam will be very hot so ensure students are not too close.
 - ④ Turn down the heat to medium-low and simmer for approximately 10 minutes.
 - ⑤ Put about a teaspoon of the jam mixture on the plate and swirl the plate around. If the jam runs, cook for 2-5 minutes longer and repeat the process. (The jam should firm up when it hits the cold plate and should no longer run.)
 - ⑥ When thickened, take the pan off the heat.
 - ⑦ Cool slightly and transfer to clean glass jars and cool completely.
 - ⑧ When completely cool, cover and refrigerate for up to 1 week.
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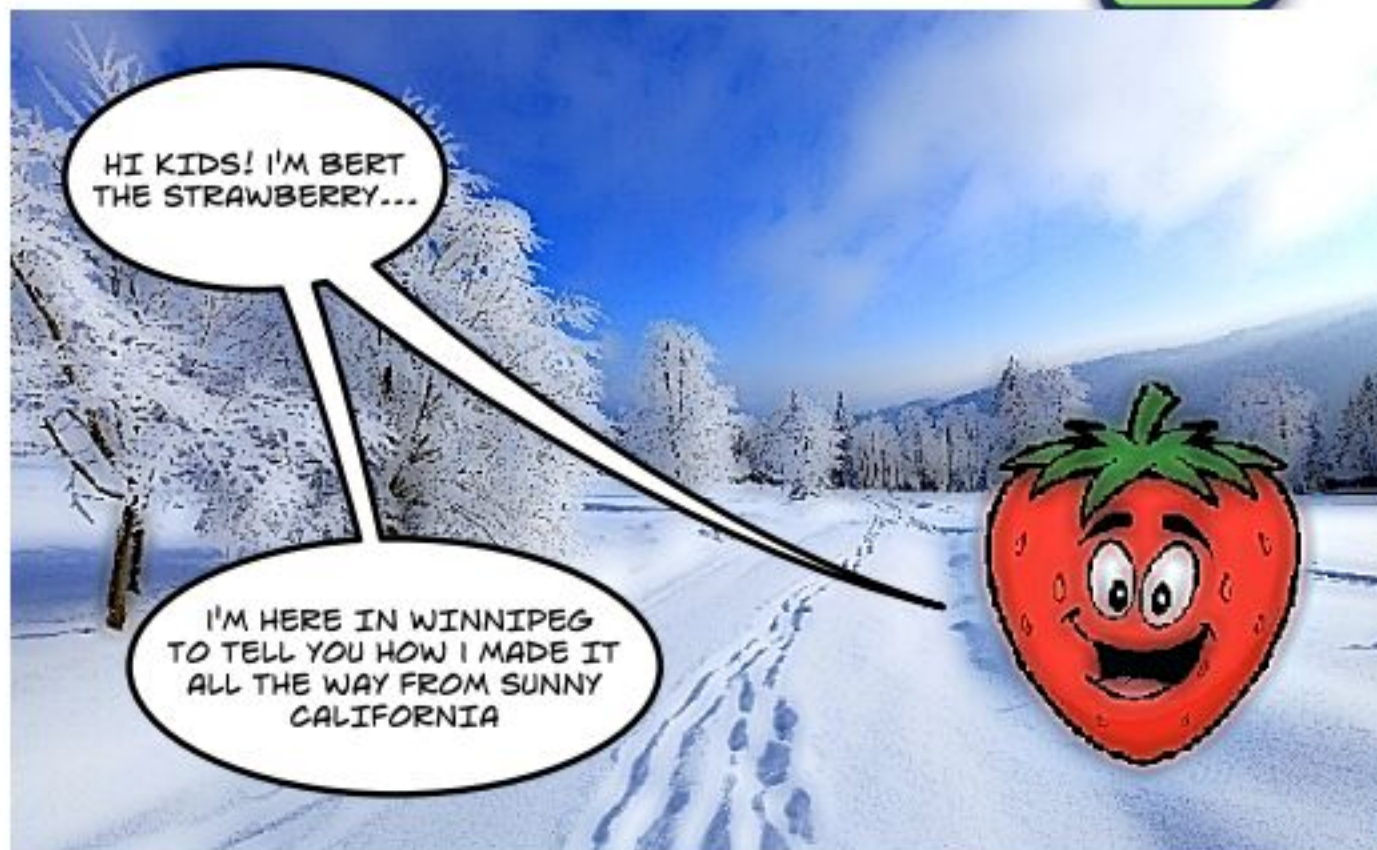
RAFT Template

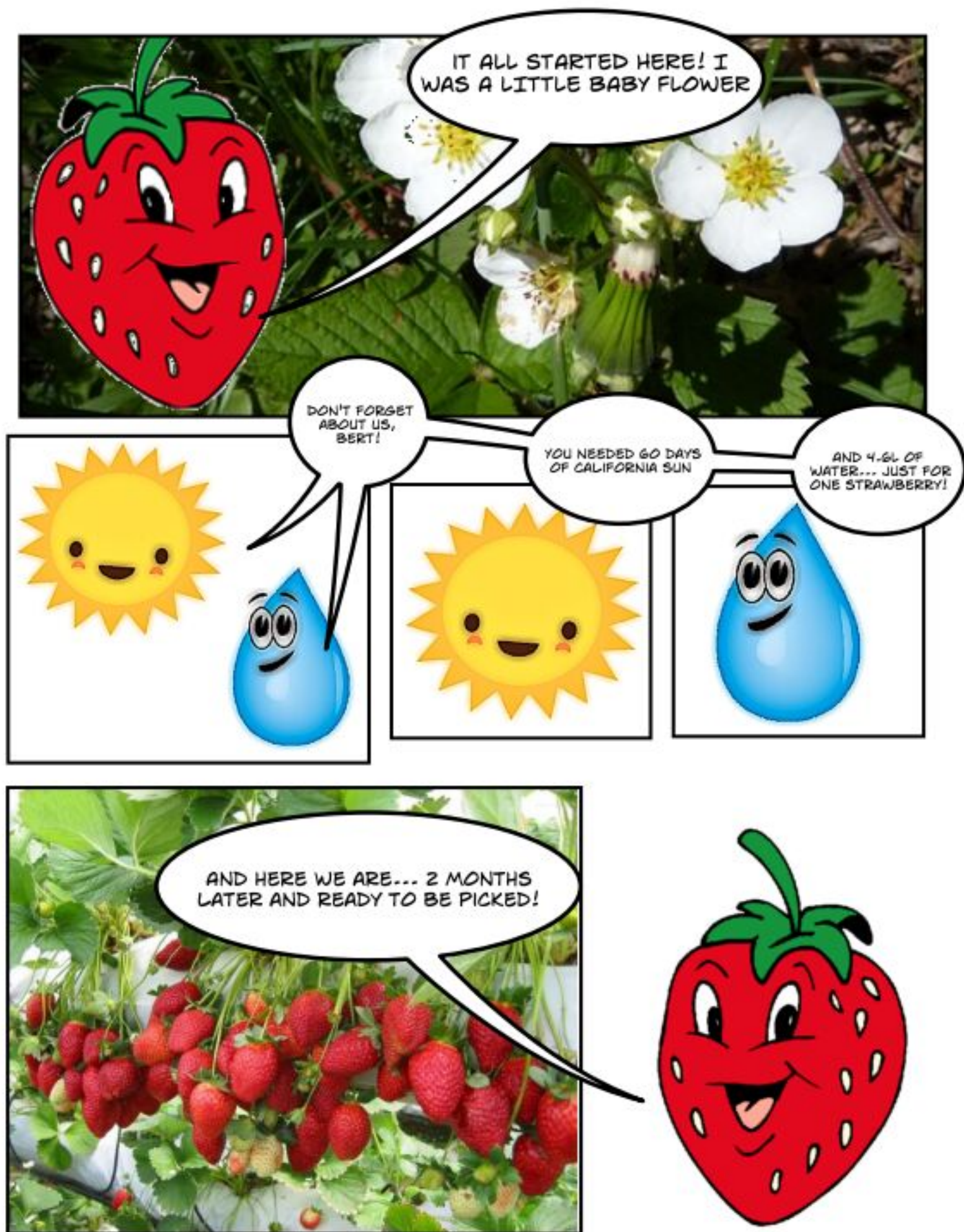


Role	Audience
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Writing Piece	
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the many adventures of

Bert the Berry







MY BROTHERS AND
SISTERS AND I ARE
PICKED BY HAND...



...PLACED IN
A TRUCK...



... WASHED AT A
FACTORY...



...AND FINALLY,
PACKED INTO A
PLASTIC CLAM



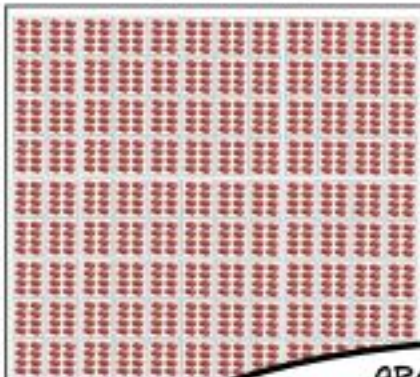
NOW IT'S TIME TO
PREPARE US FOR
SHIPPING...



...THERE ARE 8
CLAM SHELLS
PER CASE



...108 CASES
PER PALETTE...



...AND 26
PALETTES PER
TRUCK!



AROUND 590 TRUCKS
SHIP OUT CALIFORNIAN STRAWBERRIES
EACH DAY... EVEN IN THE WINTER!!

THAT'S A LOT OF TRUCKS ON THE ROAD!!!

IT TAKES ONE TRUCK
33 HOURS AND \$4044.00
WORTH OF GAS TO GET THE
STRAWBERRIES TO
WINNIPEG...

...WHO WOULD'VE
GUESSED **THAT** MUCH GAS
WOULD BE NEEDED TO
TRANSPORT US?!





STRAWBERRIES ARE
STORED IN A COOL AREA
IN GROCERY STORES...



...THEN YOU PICK US UP
AT THE GROCERY STORE
AND TAKE US HOME...



... AND PUT US IN THE
REFRIGERATOR!





HAVE YOU NOTICED
THAT US, STRAWBERRIES
DON'T STAY TOO LONG IN
YOUR FRIDGE?

BY THE TIME WE ARE:

PICKED
WASHED
PACKAGED
SHIPPED
& STORED

THEN WE DON'T
HAVE TOO MUCH TIME
BEFORE WE ARE
OVERRIPENED



WHEN STRAWBERRIES GO BAD WE
THROW THEM INTO THE GARBAGE!

IT'S SAD TO SEE THESE DELICIOUS
STRAWBERRIES GO TO WASTE!!!



EACH CANADIAN PRODUCES AROUND
640KG OF WASTE PER YEAR...



... AND CANADA IS AMONGST THE MOST
WASTEFUL COUNTRIES ON EARTH!!!



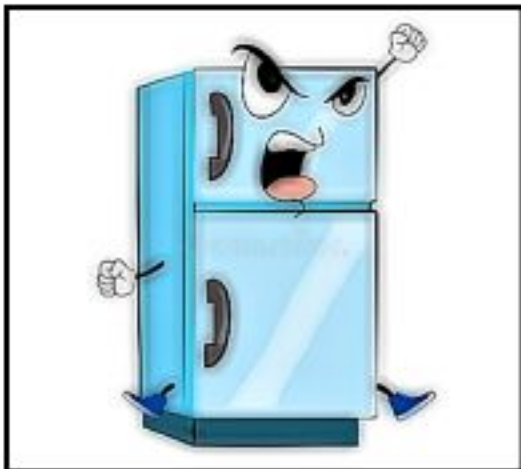
STRAWBERRIES SURE ARE DELICIOUS,
BUT THEY DO PRODUCE LOTS OF
CARBON EMISSIONS



WASHING/PACKAGING



TRANSPORTATION



STORAGE



DISPOSAL



THE MORE FOOD KILOMETRES
ACCUMULATED DURING FOOD
TRANSPORTATION, THE MORE
FOSSIL FUELS ARE CONSUMED.

THIS TRANSPORTATION
CAUSES GREATER
CARBON EMISSIONS.



REDUCING FOOD KILOMETRES
HELPS ALLEVIATE OUR DEPENDENCE
ON FOSSIL FUELS, REDUCES AIR
POLLUTION AND CUTS BACK ON
GREENHOUSE GAS EMISSIONS.

DOES THIS ALL MEAN YOU
SHOULDN'T ENJOY
STRAWBERRIES IN WINTER?!

...NOT AT ALL!

BUT THERE ARE SOME THINGS
YOU CAN DO TO REDUCE YOUR
CARBON FOOTPRINT





YOU CAN PURCHASE
STRAWBERRIES AT
FARMER'S MARKETS...



FARMER'S MARKETS SELL LOCAL FOOD, WHICH
HAVE LOWER AMOUNTS OF CARBON EMISSIONS



PRESERVING STRAWBERRIES
EXTENDS THEIR EXPIRY DATE

...YOU CAN PRESERVE
SUMMER STRAWBERRIES....



... OR YOU CAN CHOOSE
FROZEN STRAWBERRIES!



THANKS FOR JOINING ME ON
THIS JOURNEY! THANKFULLY
THIS JOURNEY DIDN'T PRODUCE
ANY CARBON EMISSIONS!



FROZEN STRAWBERRIES ARE PICKED IN PEAK
SEASON AND OFTEN LOCALLY SOURCED