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May your day be filled  
with joy, love, peace and  
happiness.

Ramblings of the Clairy



# The Glendale

ASSISTED LIVING

5020 Ryan Rd, Toledo, OH 43614 P: 419-389-0800 F: 419-389-0819

MAY 2021



"Doubtless God could have made a better berry, but doubtless God never did." Over 400 years later, this quote still reflects the high esteem most people hold for strawberry. Its fragrant aroma, delightful sweet flavor, and brilliant color make strawberry nearly irresistible.

Throughout history, the strawberry has seen many different uses other than as a food source. It was used as a symbol for Venus, the Goddess of Love, because of its heart shape and red color. The ancient Romans believed that strawberry had great medicinal value; they used it to alleviate the symptoms of a wide array of maladies ranging from melancholy to kidney stones. Medieval stone masons carved strawberry designs on altars and around the tops of pillars in churches and cathedrals to symbolize perfection and righteousness.

In one of its most bizarre uses, Madame Tallien, a prominent figure at the court of the Emperor Napoleon, was famous for bathing in fresh strawberry juice. Reportedly, she used 22 pounds of strawberry fruit per bath.

All hail the mighty strawberry! They are so delicious and nutritious; no wonder we celebrate them for an entire month. So...let's talk strawberries!

Did you know there are an average of 200 seeds per strawberry? Or that (according to botanists) strawberries are not really berries at all, but rather are a member of the rose family? Maybe that explains why strawberry essence is so popular, even if you don't actually eat strawberries themselves.

Strawberries are incredibly versatile and are grown in all 50 states in the U.S. as well as many other countries (and climates) around the world. That is due in part to the fact that if you add in all the different hybrids, cultivars and subspecies, there are over 600 varieties of strawberries. Strawberries' flavor is influenced by several factors including weather, the variety and the stage of ripeness when they are harvested. Once picked, these berries will not continue to ripen, so don't pick them too soon!

## Celebrate Mother's Day May 8<sup>th</sup> at 2:00pm



### Mother's Day Car Parade

Decorate your car in brightly colored balloons, streamers, and signs. It's all to remind our residents that they're not alone and you love them. A little kindness can go a long way! Remember to keep your distance, stay in your car, and wear your protective gear!

Line up at 1:45pm on Saturday on Ryan Rd near the field behind The Glendale.



# STRAWBERRY RECIPES

Restaurants and bakeries showcase the season's star fruit with classic iterations like popsicles and pie, plus creative variations such as babka and a milkshake beer. From shortcake to rhubarb to waffles, there are dozens of sweet and savory ways to eat strawberries today. Meanwhile, mixologists create spins on classic cocktails with strawberry mojitos, mules, margaritas, and of course, sangria; while non-alcoholic strawberry lemonades, cold-pressed juices and even ginger ales are available at casual eateries.

From strawberry buttermilk sherbet to strawberry galettes to strawberry cocktails to strawberry vinegar, there's enough recipes to keep you properly dosed all strawberry season long.

What's your favorite Strawberry Recipe? Share with us during Baker's Corner as we try creating our own strawberry dishes.

♥ Strawberry-Rhubarb Pie with Grandma's Rhubarb straight from the Glendale garden, this strawberry rhubarb pie is classic and perfectly tart-sweet.

♥ Make 4-Ingredient Strawberry Caprese Salad that's the perfect combination of flavors. Sweet, juicy strawberries paired with fresh mozzarella, chopped basil, and a simple honey balsamic vinaigrette.

♥ And Strawberry Shortcake Kabobs, the most simple, easy, fun and low-cal dessert!



Fruit is an important part of a balanced diet because they contain a variety of vitamins and minerals. Eating more fruit can help reduce the risk of diseases, high blood pressure and even some cancers. There are many ways to get your daily dose of fruit, and strawberries are one of the best choices. Strawberries have a ton of health benefits, and whether you're eating them or rubbing them onto your teeth, they should definitely become part of your everyday life.

## Nutritional benefits of Strawberries

**Vitamin C** is essential for many biological functions, including proper wound healing and immune health. One serving of strawberries contains more vitamin C than a medium orange.

**Potassium** is important to balance electrolytes, aid muscle contractions, and maintain a healthy blood pressure.

**Folate** is one of the B vitamins that helps make red blood cells. It is important for infants, children and during pregnancy to prevent birth defects.

**Fiber** has well-known health benefits such as lowering blood cholesterol and promoting a healthy digestive system.

**Antioxidants** play a role in reducing inflammation and promoting optimum health. In a recent study, strawberries ranked second among the top ten fruits in antioxidant capacity (TAC).

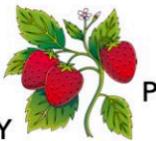


## STRAWBERRY JOKES

- ◆ Why was the baby strawberry crying?  
Her mom was in a jam
- ◆ What do you call a sad strawberry?  
A blueberry
- ◆ The vegetarian did not like the new strawberry jelly...  
It just wasn't his jam
- ◆ Why couldn't the strawberry shoot it's gun?  
Because it was jammed
- ◆ What happened when the strawberry attempted to cross the road?  
There was a traffic jam
- ◆ How does an elephant hide in a strawberry patch?  
He paints his toenails red (duh).  
Have you ever seen an elephant in a strawberry patch?!?
- ◆ What do you call a crayon that looks like a strawberry?  
A cranberry.
- ◆ What do you call strawberry jam that plays the trumpet?  
Tooty fruity.
- ◆ A man goes to the doctor and tells him he has a strawberry growing out of his head. The doctor says "I'll give you some cream for that".
- ◆ I'd tell you the joke about some strawberry jam on a piece of bread but you might spread it.
- ◆ Why can't you make a crumble with 3.14 strawberries?  
Because that would be a pi.
- ◆ How do you make a strawberry turnover?  
Push it down a hill.
- ◆ How do you fix a broken strawberry?  
With a strawberry patch.



BERRIES	BANANA	BLUEBERRY
RECIPE	SEEDS	PIE
LEAVES	SALAD	RED
BIG	FLOWER	PICKED
SWEET	STRAWBERRY	RIPEN
GROW	JELLO	SNACKS
BLACKBERRIES	FRUIT	SHORTCAKE



## STRAWBERRY QUOTES

"I got a sweet tooth and strawberry youth."  
— Jeffree Star

"Happiness, I have grasped,  
is a destination, like strawberry fields.  
Once you find the way in, there you are,  
and you'll never feel low again."  
— Rachel Simon

Getting your hands dirty  
in a strawberry field  
is the best mess you could ask for  
when the season's right.  
With a carefree mindset on a Sunday,  
you're always picking a winner.

All your dreams are made  
of **strawberry** lemonade.  
- Noel Gallagher



### May's Full Flower Moon

May's Full Moon, known as the "Flower Moon," arrives on the 7th. In most areas of the northern hemisphere, flowers are abundant in late spring. Blossoms of brilliant color burst forth in both tree and meadow. Thus the name of May's moon, the Full Flower Moon. May also marks the end of hard frost, making this the time of year when farmers begin to seed their fields. This led to May's moon also being known as the Full Corn Planting Moon.

Ironically, June's Full Moon is called the Strawberry Moon!

### STRAWBERRY VARIETIES

There are more than 600 varieties of strawberries, stemming from five or six original wild species that are a member of the rose family. If you get a chance, go to a local farmers market during the strawberry season in your area (usually April through June in the U.S.) and sample a few types; you'll be surprised how different they are in shape, color, and taste.

Typically, the larger the strawberry, the juicier it will be; the smaller the strawberry, the greater the intensity of flavor. For the most local of treats, nothing beats the flavor of strawberries picked fresh from your own garden.

Varieties are cross bred to get specific results. Some strawberries can be larger than your hand, others come in a rainbow of colors like blue, yellow, purple, and even black! The purple strawberries have an odd plum style of taste and the white strawberries taste like pineapple!



*Strawberry varieties found in Ohio:*

Delite, Earliglow, Guardian, Kent, Lateglow, Lester, Midway, Redchief, Surecrop, Tribute, Tristar.

### STRAWBERRY PATENTS

California is a leading producer of both fresh and processed strawberries, providing more than 87 percent of the strawberries consumed in North America. California strawberry distributors, file complaints in federal court frequently against each other alleging patent infringement and conversion of its proprietary strawberry varieties. Strawberry varieties developed at UC Davis, California Berry Cultivars, and Driscoll's generate \$2.5 billion a year.

### STRAWBERRY FIELDS

Although strawberries are naturally a wild plant, the garden strawberry was first bred in Brittany, France, in the 1750s via a cross of *Fragaria virginiana* from eastern North America and *Fragaria chiloensis*, which was brought from Chile by Amédée-François Frézier in 1714.

The wild strawberry (*Fragaria virginiana*), a native of eastern North America, is a pioneer plant that thrives where trees and other vegetation have been cleared or burned. Such an environment was prevalent here before widespread European settlement. In landscapes with no human influence, fires set by lightning quickly eliminated trees and brush. Indians frequently burned the groundcover around their villages to make hunting and traveling easier.

When European settlers arrived and began farming, they often abandoned their agricultural fields after the soil nutrients were depleted, a practice that also encouraged a strawberry-friendly environment. Early travelers and writers described locations with hundreds of acres of strawberries that flourished in these favorable conditions.

The fact that the ground-hugging plant produces berries that appear to be scattered or "strewn" among the leaves, led to the idea that the original name was "strewberry," which evolved into strawberry.

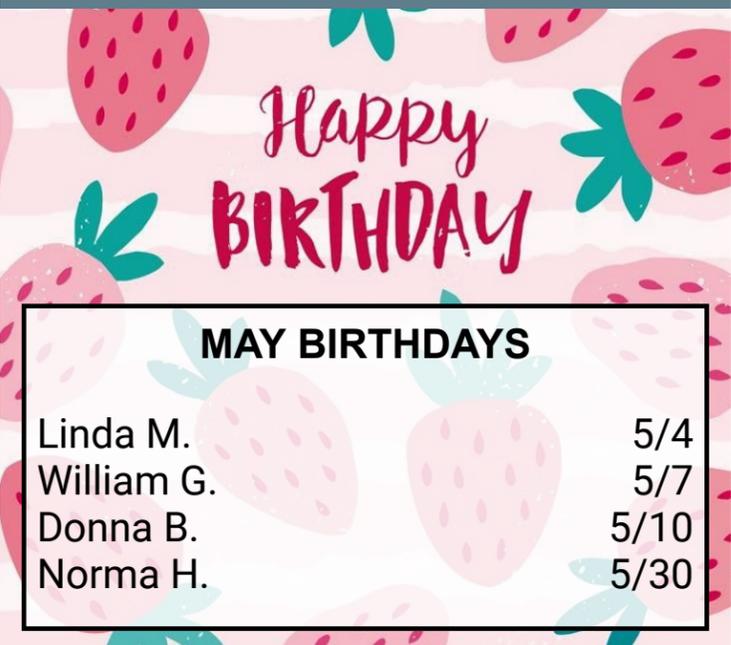
Before the name "strawberry" became popular, the fruit was known to colonial Americans as the "scarlet berry." The first settlers quickly discovered that the fruit had an attractive color, a delicious taste, and - as the scientific name implies- filled the air with a pleasing fragrance. Open fields of wild strawberries attracted numerous people to the colonial version of



Strawberry festivals have been a part of spring and summer celebrations marking the transition from the cold and dreary wintertime to a time of renewal, life, and color. Strawberries are the first crop ready for harvest in most temperate regions. When they are ready to be picked, it is a signal that scarcity is about to give way to abundance. And, that is cause to celebrate! There are scores of strawberry festivals, and most have long, storied histories of community involvement, integration of all people into the enjoyment, and fun activities.

Holland, Ohio, located near the western area of Toledo, has strong community roots and booming businesses which began in the 1860s with a blacksmith shop, general store and hardware store. Holland was named in 1867 and incorporated in 1923. The citizens of Holland held the very first Strawberry Festival in 1938. It is now held every June in Homecoming Park. This event features a parade, amusement rides and, of course, strawberry edibles including desserts. While much has changed since a group of strawberry farmers organized the first Holland Strawberry festival, one thing has not: the strawberries.

Join us for our own Mini Strawberry Festival at the Glendale on May 27th!



### MAY BIRTHDAYS

Linda M.	5/4
William G.	5/7
Donna B.	5/10
Norma H.	5/30