



Farmer of the Month

May
strawberries
2014

Meet Sheri Williamson. She grew the strawberries your class will taste today!

MEET YOUR FARMER

Who: Sheri Williamson

Farm Name: Williamson Farms

From: Monterey County, San Diego County and Ventura County

What: strawberries and avocados

Find Sheri's strawberries and other locally grown strawberries at:

- Chico Certified Farmers' Market

Find your farmer:

Students who go to the farmers' market and find the Williamson Farms stand during May, will receive a free "I found my farmer!" sticker when they mention Farmer of the Month.

About Your Farmer: Sheri Williamson

Sheri Williamson is from a family who has been farming for over 50 years! Sheri's family grows their strawberries in three different locations. Their conventionally grown strawberries are grown in San Diego County and Ventura County and their organic strawberries are grown in Monterey County. All of Sheri's family members have a specific job on the farm. Sheri's job is working the farmers' markets. She loves selling her berries directly to customers because she gets to talk to all of the people who visit the Williamson Farms stand. Sheri says that growing up on a farm was fun. "You don't think of it as work when you get to drive a tractor, especially when you're a little kid!" Sheri says the best thing about being a farmer is working for herself and being able to see all of the people who appreciate her hard work. Being a California farmer makes her feel like she's giving back because she's providing good tasting, healthy food that's been grown in state rather than imported. Sheri's favorite time at the farmers' markets is when she knows her strawberries are at their peak color and sweetness.



Another reason Sheri loves being a farmer is being able to provide jobs for the kids in her family and for family friends, like Hannah (left) and Holly (right) who help at farmers' markets.



Do you know what makes a strawberry sweet? Sheri says it's sunshine and the perfect amount of water! She says the flavor of the strawberry becomes diluted if the plant gets too much water.

Photos (left): The Williamson Farms stand is covered with avocados and strawberries at the Saturday Chico Certified Farmers' Market.