



Strawberry

Growing & Harvest Info

Strawberries need to be planted in full sun in spring or late fall at a 12" spacing. Pinch off all flowers during the first growing season in the garden for better crops in future years. Regular watering and weed control is essential.

There are three main types of strawberries, june bearing, overbearing, and day neutral. June bearing strawberries will produce one big crop of large berries around June. Everbearing will produce a large crop around June and a smaller one in the fall. Day neutral has smaller berries but can produce berries for a prolonged season in both the spring and fall.

Pinch off the stem versus pulling off the strawberry. Every other day, pick ALL ripe ones, and any that are diseased or misshapen. In wet or humid weather, cut infected strawberries daily. After picking diseased ones, compost or store separately, and wash hands before picking ripe ones.

Nutritional Benefits

Strawberry

Source	Rating
Vitamins	GOOD
Minerals	MODERATE
Fiber	GOOD

Introduction

Two native peoples of Chile, the Mapuche and the Picunche, domesticated strawberries over 1,000 years ago. All modern strawberry varieties originated from early 1700's France, when they accidentally crossed the Chilean strawberry (known for its larger fruit) with the meadow strawberry (a native of North America).

Preparation and Storage

Fruit Preparation:

- Strawberries require not special preparation. Washing is good and people generally like to remove the green leafy top, although it is edible so is not strictly speaking necessary.

Fresh Storage:

- Store in refrigerator's crisper drawer, enclosed in plastic clamshell or partly open plastic bag. Optimum storage is 32-36 degrees F at 90-95% humidity.
- Wash just before eating or preserving.

Freezing:

- Select firm, fully ripe strawberries; 1 pint of frozen strawberries will require about 2/3 quart of fresh ones.
- Rinse thoroughly under cool, running water. Drain and pat dry. Compost any unripe, overripe, or defective strawberries and green caps!
- Strawberries can be frozen whole, sliced, crushed, or pureed.
- Reusable rigid glass or plastic jars or boxes must be designed specifically for freezing. Plastic freezer bags are an option, but should not be reused.

Vegetable state	Use by
Raw	3 days
Canned	1 year
Pickled	1 year



Strawberry

Strawberries are high in vitamin C, which may lower risk of some cancers.

Prepare strawberries like this:



Try strawberries in:



Recipe 1: Strawberry Banana Smoothie

Serves 1

Ingredients

- 5 oz. strawberries (about 1 cup)
- 4 oz. plain greek yogurt
- 1 medium banana
- 1 cup milk or milk substitute
- Optional: add in greens like spinach or kale, or nut butter of choice for extra nutritional benefits!

Directions

- Place all ingredients in a blender (or a cup if using an immersion blender) and puree smooth. Enjoy!

Recipe 2: Strawberry Leaf Tea

When drank as a tea, strawberry leaves can help ailments like cramps, diarrhea, nausea, and bloating. When strawberry plant has bloomed, collect the leaves and store in airtight jar until ready for use. Leaving them intact retains potency; make sure they are completely dried before using!

Ingredients

- 1 handful of fresh or well-dried strawberry leaves
- 1 tbs. cream
- Honey or stevia
- Kettle/small pot of boiling water

Directions

- Place handful of strawberry leaves into a teapot.
- Pour boiling water over the leaves and allow to steep for at least 5 minutes.
- Add the cream and stir. Add honey/stevia to taste. Enjoy!