

Strawberries

(Rose family)



Seed Starting/Propagation:

Buy as starter plants, starting from seed is difficult and takes a long time. Plant 4 weeks before last frost in full sun in rich, well-drained soil 6-12" apart or 4 per square foot.

Care:

Water weekly or twice weekly during dry periods. Cutting runners off as they appear with keep the parent plant growing bigger and better berries. Pull up old plants and replant every 3-4 years.

Companions:

Spinach, beans, borage, and lettuce.

Harvesting:

Pull berries as they ripen. June bearing varieties will provide all your strawberries at the same time making them the ideal variety for making jam, freezing or other preserving. Ever-bearing varieties are good for picking and eating all season long, not for preserving.

Preserving:

Strawberry jam, syrup, freezing whole, dehydrating slices, fruit leather.

Nutrients:

Vitamin C, B-complex vitamins, vitamin B-6, niacin, riboflavin, pantothenic acid and folic acid, antioxidants, vitamin A, vitamin E, minerals like potassium, manganese, fluorine, copper, iron and iodine.