

Growing Strawberries



Summer fruit

grow
your own grub



*'tasty food
from tiny spaces'*

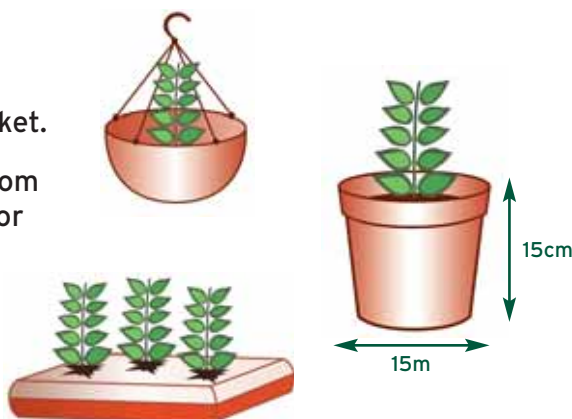
Strawberries are a great fruit to grow at home and are easy plants to look after.

The easiest way to start growing strawberries is to buy young plants from a plant nursery in late spring/early summer. There are different varieties of plants so follow instructions that come with the plant.

You can plant strawberries from late June to September - check the label on your plants.

You can grow them in:

- Hanging baskets - up to 5 plants in one basket.
- Pots or any container with holes in the bottom - 1 plant to a 15cm wide and 15cm deep pot or 2/3 in a bigger pot.
- Grow bags - 3 or 4 plants to 1 grow bag.



Transplanting (moving your plants to bigger containers)

You will need some soil to plant your strawberries in - peat free multi-purpose compost is best.

- Take your plants outside and water them well. Turn the pots upside down and gently squeeze the bottom of the pot to ease the compost and plant out of the pot. You should see the roots of the plant holding the compost together.
- Fill your pot or hanging basket with soil or cut 3 or 4 holes in your grow bag and make holes in the soil big enough for each plant.
- Carefully place the plant in the hole and fill with soil so that the roots are covered. Press the soil down around the plant and give it some water.

Your plants will be happiest in a sunny place but will be OK in shade for part of the day.

Water your plants enough so that the soil is always moist especially in hot weather.

When the berries start to grow make sure they don't touch the ground or the soil - rest them on cardboard while they grow.

Watch out for birds! You may need to cover the plants with a net to keep birds from eating your fruit. (continued overleaf)

Your plants will keep producing fruit for 2 or 3 years. Every year the plants will make 'runners' (new plants that grow out on stalks). You will be able to plant these runners to replace your old plants every couple of years.

Harvesting

Your strawberries are ready to eat as soon as they turn red. Gently cut the strawberry from its stalk with some scissors.

Strawberries will not keep well so eat them the same day that you pick them.

For more detailed information about growing strawberries see the BBC's gardening website.

Eating Strawberries



In season June - October



7 Strawberries count as 1 portion.

Just Eat More
(fruit & veg)

Preparation

- Remove stalks
- Wash

How can I use my strawberries?

Strawberries are great eaten on their own or with yoghurt. If you have a blender try these recipes:

Strawberry Smoothie

makes enough for 1 large glass or 2 small glasses

You will need:

- 4 - 6 strawberries
- 1 small tub strawberry yoghurt
- 1 cup milk

Method

1. Put all the ingredients in a blender and mix for 30 seconds and serve.

Strawberry Milkshake

makes enough for 1 large glass or 2 small glasses

You will need:

- 8 strawberries
- 2 cups milk

Method

1. Put all the ingredients in a blender and mix for 30 seconds and serve.