



Strawberries

Plant: Strawberries should be planted in the late Fall or early Spring. They should be planted 18" away from other plants and 18" away from another row. The best way to plant strawberries is in rows or mounds. The crown of the plant should be set above the soil level, and the uppermost roots should be 1/4" below the soil level.

Grow: Strawberries are perennial, grow best in full sunshine, and are winter-tolerant. They should be given a complete plant fertilizer. A mulch of sawdust, grass clippings, or plastic sheeting should be added to prevent weeds and keep in moisture.

Harvest: After the flowers bloom, it takes about 1 month until the berries are ready for picking. Strawberries are ready for harvesting if they are a full, bright red color. They do not ripen further after picking, so always look for the best ones! The plants are generally replaced every year, since it produces the most fruit its first year of growth, however they may produce for up to 2-3 years.

Nutrition Facts	
Serving Size: 1 cup whole strawberries (144g)	
Amount Per Serving	
Calories 46	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 141%
Calcium 2%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutritional Information:

Strawberries are a great source of vitamin C, which helps fight infections and strengthen the immune system. They also contain potassium, which help muscle and nerve function.

How to Prepare: Strawberries are normally eaten raw, whether they are by themselves, on a salad, topping pancakes, as a dessert with whipped cream, or any other endless possibility. They also may be made into jams, jellies, syrups, preserves, and even medicines.



Strawberry Compote

Yields: 4

Serving size: ¼ cup

Ingredients

8 Strawberries, cleaned and tops snipped, then quartered

1 Tablespoon Sugar

2 teaspoons Cornstarch + equal parts cold water

Preparation

1. Warm sauce pan to medium heat. Add strawberries.
2. Let strawberries cook for about 5 minutes, stir frequently.
3. Add sugar. Stir frequently
4. Bring strawberries to a simmer until tender and sauce has a slight thickness to it. If more thickness is desired, add small amounts of cornstarch in cold water desired consistency.
5. Serve with French toast, whole grain pancakes or waffles, crepes or yogurt.

Nutrition Facts per Serving:

25 calories, 0 g fat, 6 g carbohydrates, 1 g fiber, 0 g protein