

All About Strawberries

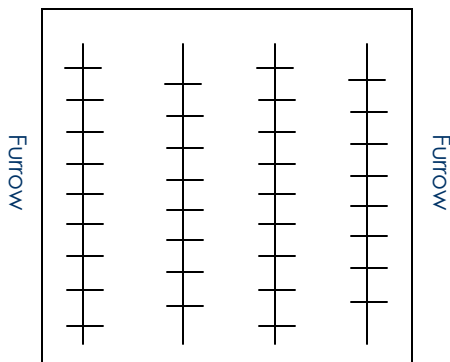
Facts ~ Tips ~ Planting



Our Strawberry season runs from March through June, and sometimes through the summer- just depending upon the weather. The ideal climate for growing strawberries is the cooler months of Spring which have occasional overcast clouds and light showers. The ideal temperature for growing should not exceed 78 degrees or drop below 55 degrees. The sunshine from the warm spring days bring out the sweetness of the strawberry, and its bright red color. When a strawberry is allowed to fully ripen on the vine, the proof is seen inside. The flesh will be solid red throughout.

When to Plant ~ And How?

The ideal time for planting strawberries is in the fall, between October 15 and November 1. The strawberry plants should be planted on raised beds approximately 48" wide. Plants should be planted 12" - 15" apart in the row, with 4 rows on the top of each bed. Plants should be established with sprinkler irrigation during the first month of growth, and then drip irrigation should begin and continue throughout the life of the crop. Harvest should begin around April 1st and continue until around July 4th. Strawberry plants reach their peak flavor during the months of April, May and June.



One Raised Bed 48"

Strawberry Tips and Facts

- Strawberries are best when eaten or used in recipes quickly after purchase.
- Store strawberries in a sealed container in the fridge (Tupperware or Ziploc Bag) unwashed.
- The field dust on the strawberries is beneficial in protecting them until you are ready to eat them. Therefore, rinse strawberries with cool water just prior to eating, and pat dry.
- You can cut them up. Strawberries also freeze well. If you find them ripening before you can eat them up: Clean and store them in a freezer bag or freezer container. Then pull them directly from the freezer to use in smoothies, ice cream, jam...
- 3 cups or about 18 whole berries, therefore: 1 pint (2 cups) = 11 ounces or about 12 whole berries
- Strawberries are a SUPERFOOD! : Packed with nutrients including powerful, disease-fighting antioxidants. In fact strawberries are so nutritious, research is finding that they may reduce the risk of heart disease and some cancers, and help memory.
- 8 medium-sized strawberries contain 140% of the U.S. RDA for Vitamin C. They are also a great source of potassium, folic acid, and fiber.
- Strawberries are a fat-free food and low in calories!

