



# Information Sheets

## Strawberries

Did you know that strawberries are the only fruit with its seeds on the outside? Did you know there are over 200 seeds in one strawberry? Did you also know that when surveyed, 53% of kids aged 7 to 9 picked strawberries as their favorite fruit? Well, these are just a few reasons why strawberries are such great fruit. Strawberries are really easy to grow, and with just a little bit of work, you will be picking from your very own patch of strawberries!

For this project, you will need a container for your berries. This will need to be big enough to hold your plants, and also big enough so it doesn't dry out too quickly after watering in the summer. Next you need a good quality potting soil with plenty of compost mixed in. Last you need some strawberry plants. There are many different kinds of plants, we prefer the Everbearing varieties because they produce fruit all summer long.

The first thing to do is put a small bit of rock or gravel in the bottom of the pot to help with drainage. Next fill with soil, and start planting your strawberries. Add some all-purpose fertilizer when planting to feed your plants while they are growing. Water them in well after planting, and be sure to keep it watered as they grow. Your pot will need to be in a sunny location, one that has at least 6 hours of sun a day. You should fertilize your mini-berry patch with a soluble fertilizer such as 20-20-20, once a week. Keep picking your fruit, and they will keep producing more and more berries for you.

Here are some more interesting facts about strawberries.

- Just 8 strawberries provide kids with 140% of daily required amount of vitamin C.
- 70% of strawberry's roots are located in the top 3 inches of soil.
- Strawberries are the first fruit to ripen in summer.
- Early forms of strawberries were small and sweet.
- 1 cup of strawberries has 55 calories.
- Strawberries are in the same family as roses.
- Strawberry flavor is influenced by weather, the variety of plants and how ripe they are when picked.
- Every province in Canada and each state in the USA grows strawberries.

### STRAWBERRY SHAKE

- 1 pint strawberries, stemmed
- 2 bananas, peeled and cut in 1" pieces
- 3 cups ice cubes, divided in half
- ½ cup strawberry or plain yogurt
- ½ cup orange juice
- 2 tablespoons honey

Place all ingredients in blender, with only ½ the ice cubes. Blend until smooth. Add remaining ice cubes and blend again until smooth. Pour into tall glasses and enjoy!