



STRAWBERRIES

SPRING

SUMMER



ARKANSAS
FarmtoSchool

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Plant strawberry crowns 2 feet (ft.) apart in rows 3 to 3 1/2 ft. apart in nutrient-rich, well-drained soil in spring. Set each plant so that the base of the crown is at soil level, and spread the roots out. Remove flower stems from plants to help them establish the first year. After the first year, harvest strawberries that are fully ripe and red in color.



PREP

Refrigerate strawberries immediately after harvest or purchase for up to a couple of days. Rinse strawberries with cool water when ready to use. Prepare strawberries raw with or without their caps, depending on usage. Strawberries may also be prepared as an added ingredient.



EAT

Start your day with waffles, pancakes, or oatmeal topped with strawberries! You may also enjoy a strawberry muffin or piece of strawberry bread for breakfast. Enjoy a smoothie made with strawberries and other seasonal fruit or vegetables! Snack on a peanut butter and strawberry jelly sandwich. Celebrate a birthday with a slice of strawberry cake!



LEARN

Strawberries originate from a plump, red berry that was cultivated in Chile by indigenous people. Strawberries are a **fruit**. One cup of strawberries contain 140% of recommended daily vitamin C. There is a town in Arkansas named Strawberry that takes its name from the Strawberry River!

