## Strawberries

## Strawberry Fast Facts

- One plant can yield 1/2 quarts of fruit
- Strawberries are grown in every state in the United States
- Each strawberry has approximately 200 little seeds

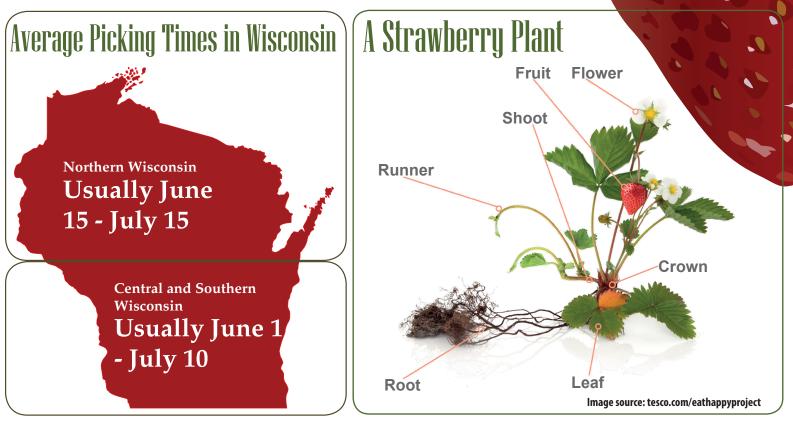
## **Strawberry Nutrition Facts**

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium and fiber

## **Growing Strawberries**

Strawberries prefer a temperate climate and can grow in a wide range of soils. It's a small plant with a crown of dark green leaves each of which has three small leaflets with saw-like edges. Runners, or long stems, grow from the crown, which send down roots when they touch the ground a new plant develops. Strawberry crowns are perennial (live more than 2 years) but the roots are annual. It's white flowers are pollinated by bees that then produce strawberries.

In Wisconsin, spring planting is the best. Plants should be put into rows about 2 feet wide with a 4-foot aisle between each row of plants. Plants are placed 6-10 inches apart.





For more information about strawberries visit wiberries.org.