

# Strawberries

## Strawberry Fast Facts

- One plant can yield  $1\frac{1}{2}$  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

## Average Picking Times in Wisconsin

Northern Wisconsin  
Usually June  
15 - July 15

Central and Southern  
Wisconsin  
Usually June 1  
- July 10

## 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.

## A Strawberry Plant



Image source: [tesco.com/eathappyproject](https://www.tesco.com/eathappyproject)



For more information about strawberries visit [wiberries.org](http://wiberries.org).