Strawberries are the most popular berry in the world, famous for their red flesh containing seeds. They are the first to ripen in the spring and often produce a bountiful crop. There are over 600 varieties of strawberry plants, like the June-bearer which is the most popular in South Carolina.

**PREPARING**

Pick strawberries in the store or market that are already ripe, since they do not ripen anymore after being picked. Medium size strawberries usually have the most flavor. Refrigerate the berries in drawers for 3-5 days or wash and freeze them for two months.

**GROWING STRAWBERRIES**

Sun Exposure: Full Sun  
Soil Type: Loamy  
Soil pH: Acidic to Neutral

Choose a strawberry variety that grows best in your region. Plant strawberries in early spring, they can typically survive a spring frost. Strawberries have large root systems and need adequate draining which makes them great plants for raised beds. Till and fertilize the soil before planting the crop by just covering the crown of the plant with the roots spread out well. Allow about 2 feet between each plant. To care for the strawberry plants, water about 1 inch per week while picking off the flowers. Pick the strawberries 4-6 weeks after planting. Pick the bright red berries only by cutting the stem.

**HEALTH BENEFITS**

Strawberries are great sources of vitamin C and antioxidants. Vitamin C is needed to give us great skin and bones.

**Books**

*The First Strawberries* by Joseph Bruchac  
*From Seed to Strawberry* by Mari Schuh

**PALMETTO PICK OF THE MONTH SNACK**

Strawberries make a great snack by themselves, or they can be covered in Greek Yogurt for some extra protein.