

PALMETTO PICK OF THE MONTH

Strawberries



SOUTH CAROLINA
FARM to SCHOOL



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.

HEALTH BENEFITS

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

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.

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.



For more information about other fruits and vegetables available in South Carolina each month, please visit

CERTIFIEDSCGROWN.COM

