



## The Strawberry



### Strawberry Magic

Folk all around the world have used strawberries for a variety of purposes for centuries.

In South America before the Europeans arrived, strawberries were traded. North American First Nations use strawberries as medicine, particularly as a women's medicine used to clear toxins and support fertility.

In Asia, strawberries' detoxifying properties are also recognized and the leaves are used in a weak tea to detoxify and reduce the effects of ageing. The Romans used strawberries to lift the spirits, to relieve bad breath, as well as to treat a variety of digestive complaints.

Strawberries inspired First Nation legends and are part of many beautiful myths and stories.

*It's the Strawberry Magic!*



## **Early fall 🍂 is a beautiful season to plant strawberries because:**

it's cool and, therefore, easier to make sure the roots have enough water to establish (unlike in the heat of the summer)

they will spend the winter getting used to their new home

new strawberry plants don't fruit in their first year, but the spring will count as the start of their second year so they may fruit!

strawberries are perennial but can stop fruiting after three years

they can reproduce by stolons (also called daughter plants or runners) or from seed

strawberry flowers need to be pollinated to produce fruit, and these will fruit in June



## **To encourage fruit production, we encourage you to:**

🍓 plant one plant per 16 inches

plant in full sun for abundant fruit

plan to harvest the runners to plant elsewhere in the spring (or whenever they grow)

succession plant another area each year so that when one strawberry bed ages out, there will be another just one year younger

ensure the crown (roots) are planted without submerging the leaf stems in the soil (or they can rot)

mulch the soil with an inch of leaf, woodchip, straw, stick, or combination mulch to protect the soil to maintain moisture and habitat

🍓 strawberry leaves are evergreen, but they may change colour