

# STRAWBERRIES



## **History**

Wild strawberries were discovered in Virginia by early European explorers. They are a member of the rose family.

## **Nutrition**

Strawberries are high in Vitamin C, which helps protect the body against diseases.

## **Fun Fact**

On average, each strawberry has about 200 tiny seeds.

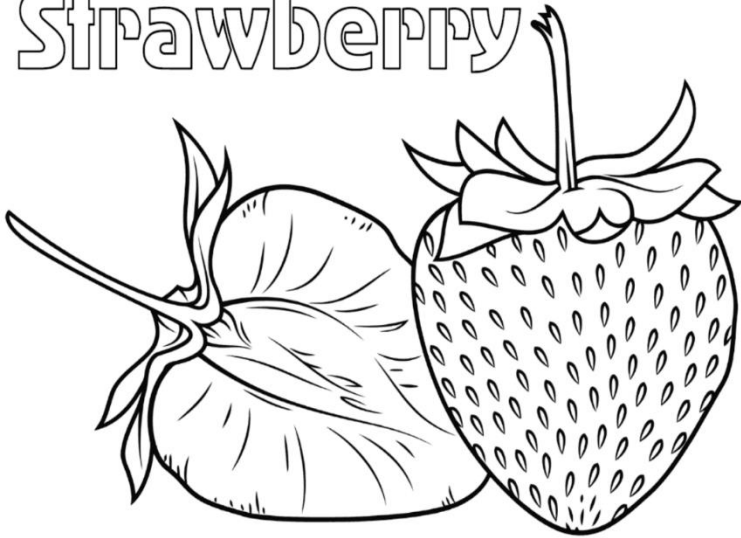
# Growing and Harvest



- Strawberries grow on small, low-growing plants. The plants need plenty of water, warm days, and cool nights.
- Many strawberry plant varieties produce stolons (runners) that spread out from the base and take root to form new plants.
- After flowering, strawberry plants require pollination by bees or other insects.
- On average it takes about 30 days for flowers to develop into fruit. The first crop can be harvested the year following planting.

# Activities

## Strawberry



### Writing Activity

How are strawberry plants different from raspberry or blackberry plants?

How are they similar?

What kind of berries are your favorite and why?

