

# Kids Grow Strawberries

Strawberries are one of the easiest fruits to grow. You can plant them in the ground, but they also like growing in containers, window boxes or hanging baskets.

Do you love the taste of juicy strawberries? So do birds and snails! If you plant them in a container, it's much easier to stop pests stealing your fruit.

There are lots of types of strawberries. Try growing a few varieties to see if you can taste the difference.

## Popular strawberry varieties

### 'Just Add Cream'

Crops May - Sept

### 'Elsanta'

Crops June - July

### 'Florence'

Crops June - July

### 'Cambridge Favourite'

Crops June- July

### 'Summer Breeze Rose'

Crops June- Sept

## What you'll need:

- 4 strawberry plants
- Large 30 litre container (approx 40cm diameter)
- Multipurpose compost
- High potash fertiliser

## Why should you eat them?

Strawberries are one of the healthiest puddings you can eat. They are packed with vitamins and minerals:

### Vitamin C

Protects the cells in your body and boosts your immune system.

### Potassium

Keeps your heart healthy and helps plenty of blood to get to your brain.

### Calcium

Helps your bones grow strong.

### Fibre

Keeps your digestive system in top condition.

## Did you know?

The same strawberry plants will give you fruit for 3 or 4 summers!



## Step 1: Plant your strawberries

- Fill the container with compost.
- Gently ease the plants out of their pots.
- Plan where to make 4 holes, so the plants will be evenly spaced.
- Make the first hole, but not too deep. The plant's crown (where the leaves emerge) should be level with the soil.
- Plant the other three.
- Gently firm the soil down and water well.



## Step 2: Look after your fruit

- Make sure your container is in a sunny spot.
- Water your strawberries every day.
- Use a high potash fertiliser once a week (tomato feed is perfect).
- When the strawberries appear, you might need a net to stop birds stealing them all.
- Make a little bed of straw for the fruit to sit on - they can rot if they rest on the wet soil.
- Check your plants every day when the strawberries start to get big and ripe. Pick them when they're bright red.