

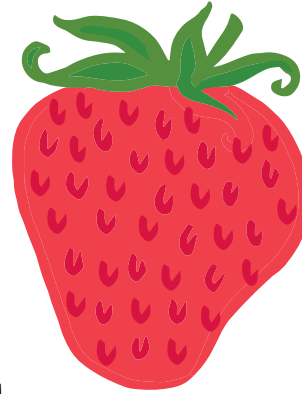
# Fresh Story: Strawberries

## Get to Know Your Fruits and Vegetables

### How Sweet It Is!

What's small, and sweet – a favourite summer treat,  
Red and round, and grows on plants low to the ground,  
Covered in tiny seed spots, with a leafy cap  
Sitting on its shiny top?

Although it's a fruit, it's not really a berry.  
Then why would someone name it a **strawberry**?  
When the sun is shining a strawberry patch is the place to be.  
Let's pick a handful of berries for you, and a bucketful for me.



**One Seed, Two Seed, Three Seed...More!**  
**Strawberries are the only fruit that wear their seeds on the outside.**  
**So they aren't true berries, like blueberries or cherries.**  
**Each seed on a strawberry is considered to be its own separate fruit. There are between 100 and 200 seeds on one strawberry.**  
**How many can you count on yours?**

### Strawberry Fun Facts...



Strawberries are grown in every province in Canada.

Strawberries are full of vitamin C – that's good for healthy bones and teeth, and fighting off colds.

The strawberry is a member of the rose family – so are apples and plums.

Unripe strawberries are white, then green. They take about 3 days to ripen to a bright red on the plant.

Unlike some fruits, strawberries don't continue to ripen after being picked.

 Slugs, fruit flies and aphids like to eat strawberries too.  
Ladybugs help farmers by eating the aphids. 

Strawberries are delicate, so each one is hand-picked with part of the stem still attached.

Strawberries grow and ripen quickly. They're the first fruit crop of the summer.



**Strawberry plants + sunshine = sweet fruit!**

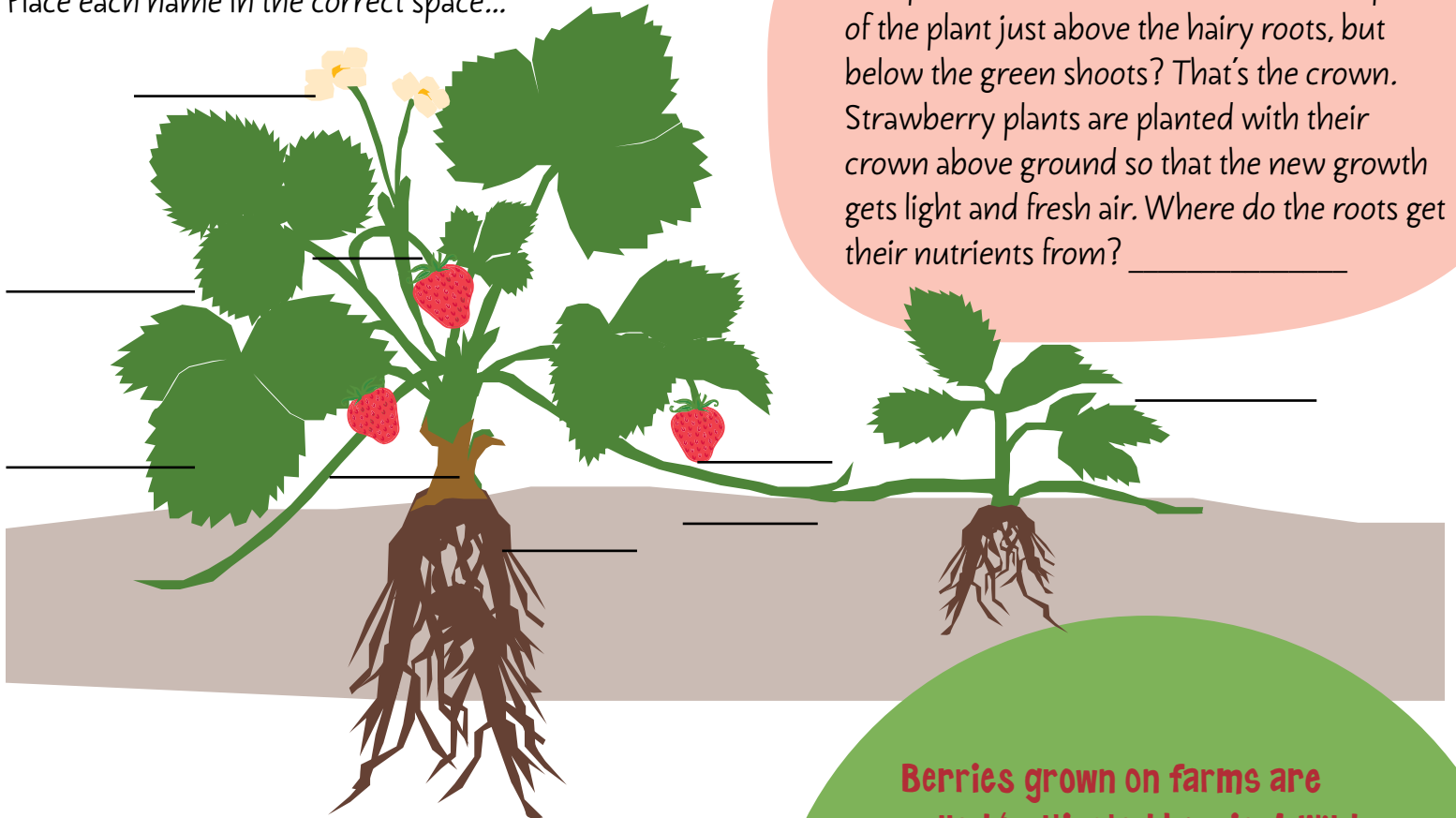


## See How Your Berries Grow...

Berries are a type of fruit that come in many shapes and sizes, and grow on different types of plants. Raspberries grow on winding, thorny bushes, and blueberries grow on shrubs that produce berries every summer. Cultivated strawberries grow on row upon row of tidy little plants that are low to the ground. Although strawberries are covered in seeds, you don't grow a strawberry plant from a seed. New strawberry plants, called **daughter plants**, grow from long shoots called **runners** that branch out from a **mother plant**.

## Parts of a Strawberry Plant

leaf, runner fruit, stem, roots, daughter plant, flower  
Place each name in the correct space...



A strawberry has a little green cap sitting on its top – but that's not its crown. See the part of the plant just above the hairy roots, but below the green shoots? That's the crown. Strawberry plants are planted with their crown above ground so that the new growth gets light and fresh air. Where do the roots get their nutrients from? \_\_\_\_\_

Strawberry plants are called **perennials**. That means that they rest during the winter months and start to grow again as soon as the soil warms in early spring. That's the best time to plant the new shoots. Each shoot becomes a seedling, and as the seedlings spread and grow bigger they develop flower buds. White flowers open when they're ready for bees, or the wind, to pollinate them. When the flower petals fall, a strawberry forms from the bud. Soon a ripe red strawberry will be ready for picking and eating.

**Berries grown on farms are called 'cultivated berries'. Wild berries are smaller than cultivated berries. Many berries, including strawberries, grow wild throughout BC and are a favorite treat to many birds and animals - and people too.**

What type of wild berries have you picked? \_\_\_\_\_

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