

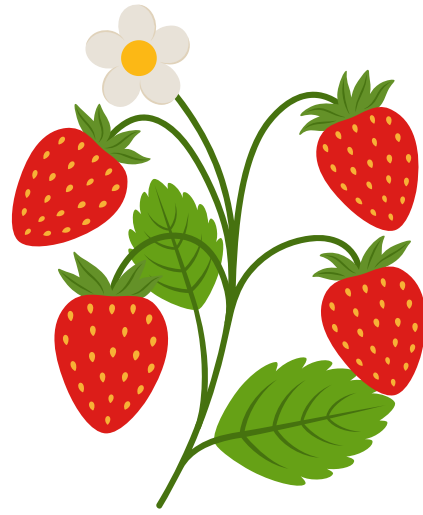


# STRAWBERRIES



## Did you know?

Strawberries are the first fruit to ripen in the spring!



## Vocabulary

**Blossom** - the flower of the plant

**Harvest** - gathering the ripe crop

**Pollination** - when pollen moves from flower to flower

**Perennial** - a plant that grows back every year

## Farm Facts

- Strawberries grow low to the ground
- Most farms replace plants every 3-4 years
- They grow best in sunny weather
- Strawberries are delicate and must be picked carefully.

## Nutrition

- High in Vitamin C
- Good source of fiber
- Naturally sweet and low in calories

## Vermont Facts

- Vermont has many small berry farms
- Strawberry season is typically June through July



# STRAWBERRIES



## Quick Facts

Plant type: Perennial

Color: Red, when ripe

Flower Color: White

Pollinated By: Bees and other insects

Harvest Season: June to July in Vermont

Growing Time: Flowers appear in spring, fruit develops a few weeks later

Best storage: Refrigerate and eat within a few days

Family: Rose (Rosaceae)

## How it's Grown

Plant type: Perennial

Growing Season: Spring through early summer

Harvest Season in Vermont: Typically June to early July

Sunlight Needs: Full sun (6-8 hours daily)

Soil: Well-drained, fertile soil

Pollination: Bees and other pollinators help strawberry flowers produce fruit

Harvest Method: Picked by hand when fully red and ripe.

---

## Nutritional Facts (per 1 cup)

- About 50 calories
  - Excellent source of Vitamin C
  - Good source of fiber
  - Contains potassium
  - Rich in antioxidants that help protect your body's cells
  - Naturally fat-free, cholesterol-free and low in sodium
- 

## Vermont Agriculture

Strawberries are grown on farms throughout Vermont, from small family farms to larger pick-your-own operations. They are one of the state's most popular seasonal fruits and attract thousands of visitors each summer.

Many Vermont farms offer pick-your-own strawberries, farm stands, fresh berries, homemade jams, strawberry shortcake events and agritourism experiences.

Buying local strawberries helps support Vermont farm families and the state's agricultural economy.

