



SNAP-Ed

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Growing in Washington Strawberries



Quick Garden Tips

- 1 There are three types of strawberries: **June-bearing** plants produce one crop per season, usually in late spring to early summer. **Everbearing** plants produce two crops per season, from late spring to late summer. **Day-neutral** plants produce throughout the season, from May to October.
- 2 Prune back flowering stems for everbearing or day-neutral strawberries throughout the first year. This helps the plant develop a robust root system and the second year will be a full harvest.
- 3 Strawberry plants produce runners. These are stems that grow along the ground and make new plants. Prune the runners if you want your plants to focus their energy on making berries, or let some grow for new plants!
- 4 For a healthy berry patch, plan to move the plants to a different area of your garden every 4 to 5 years.



Season and Location

☀️ Plant strawberries in early spring as soon as the ground is workable. Choose an area with full sun and fertile, well-drained soil.

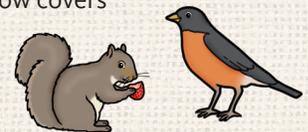


Container Gardening

- ☀️ Day-neutral strawberries are best for containers.
- ☀️ Choose a container 10 to 18 inches deep and 12 or more inches in diameter.
- ☀️ Four plants will fit in a 12-inch diameter pot.
- ☀️ Use containers with holes at the bottom for drainage.
- ☀️ Water the plants at least once a week. During hot weather, check the soil each day and water when it is dry.

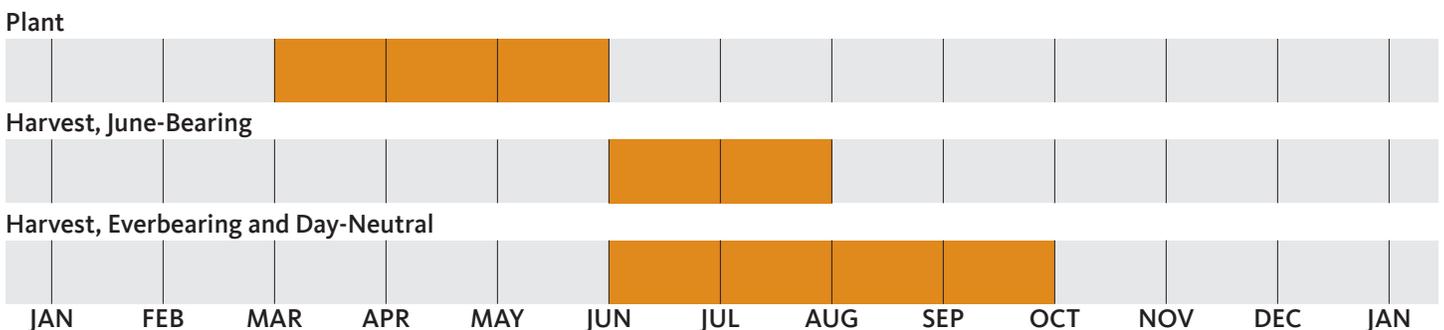
Key Pests and Diseases

☀️ **Neighborhood critters:** protect plants with row covers or netting.



☀️ **Plant diseases:** remove old leaves and rotted fruit as soon as you see them. Do not plant where tomatoes, potatoes, peppers or eggplant have been grown.

Washington Gardening Calendar for Strawberries



Adapted from WSU Extension Publications: SNAP-Ed Fresh From The Farm Strawberries and WSU Master Gardener Program "Planting Strawberries" (<https://s3.wp.wsu.edu/uploads/sites/2076/2017/06/C135-Planting-Strawberries-15a.pdf>).

Recommended Types to Grow

June-Bearing: Allstar, Puget Reliance, Tillamook.

Everbearing: Fort Laramie, Ozark Beauty, Quinault.

Day-Neutral: Albion, Sweet Anne, Tribute, Tristar.



When and How to Harvest

- ✿ Harvest fruit when it is fully red. If you plan on storing the fruit for a few days, harvest it when it is about 75% red. Strawberries ripen quickly in warm temperatures, so check them often in the warm weather and after it rains!
- ✿ Strawberries will last longer if you leave their green cap attached when you pick them. Use your fingernails or pruners to harvest.

Storage and Cooking

- ✿ For best flavor and texture, plan to eat or freeze strawberries soon after picking. To store for up to 3 days, refrigerate without washing or removing the green cap. Keeping the berries dry helps delay spoilage. For longer storage, freeze whole, cleaned berries on a baking sheet, then package in labeled freezer containers.



Strawberry Cucumber Salad

Preparation Time: 20 minutes **Makes:** 4 cups

Ingredients

2 Tablespoons nonfat or low-fat **plain yogurt**
4 teaspoons **apple cider vinegar**
1 Tablespoon **honey** or packed brown sugar (see **Note**)
¼ teaspoon **onion powder**
¼ teaspoon **prepared mustard**
¼ teaspoon **salt**
1 Tablespoon **lemon juice**
1½ teaspoons **vegetable oil**
¾ teaspoon **poppy seeds** (optional)
2 cups sliced **strawberries**
2½ cups thinly sliced **cucumber**

Directions

1. Wash hands with soap and water.
2. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil and poppy seeds (if desired). Mix well.
3. In a large bowl, add the strawberry and cucumber slices. Pour the dressing over them and gently mix until evenly coated.
4. Refrigerate leftovers within 2 hours.

Note

Honey is not recommended for children under 1 year old.

