



### **WHAT YOU NEED WHEN GROWING YOUR STRAWBERRIES:**

1. A wide, shallow pot because strawberry roots do not grow deep. They send out runners (baby plants) that will root and grow more strawberries!

Use a wide pot when planting your strawberries! Use your ruler to measure out 12 inches deep and 18 inches wide! A perfect planting pot!

2. Plenty of Sunshine! They really like Mr. Sun!



3. Rich soil is where plants get their nutrients from – kind of like plant vitamins. Potting mix or compost will keep those roots healthy.



### **This is what you do:**

Take your pot to the spot where you will grow your strawberries.

- Fill your pot with about 8 inches of potting soil.
- Take your plants out and put in your container pot. If there are lots of roots, lightly loosen up the roots a little bit.
- Fill your pot up with soil and around your plant roots in the soil. Cover the plants with only the top showing.
- Water them after you plant them.
- Make sure to water them every day, unless it rains.
- You will soon see flowers appear, **pick them all except for 2!** This will give you two berries, and make your roots strong for the next year. Why? Waiting a year will nourish the roots, making them strong and allowing for a fruitful harvest!

Be sure to pick the flowers the first summer of growing. This is to help make strong roots for the next year strawberry crop of Super- Berries!! Yum!





**FUN FACT:** Did you know that the average strawberry has 200 Seeds in it and is grown in every Canadian province!

You can also plant your strawberries directly in the garden bed you have prepared. When the plant sends out runners, the cluster of leaves at the end of the runner will send roots into the earth and become a new strawberry plant. If you help them through the winter, you will have many plants next year. It is hard to wait, but next year, you will be happy that you did.

### **How to put your Strawberries to Bed in the Fall for Winter:**

All strawberries must be put to bed for the winter! Strawberry plants go to sleep for the winter, so you must cover them up in the fall so they will get plenty of sleep and grow strong roots!

You can cover your strawberries up with '*mulch*' which is actually straw, pine needles, evergreen branches or even shredded leaves! Make sure you cover them a few inches deep if you leave your plant outside. But if you bring them inside for the winter, just a light layer of mulch will do.

### **In the Spring!**

The strawberry is the first plant to come up in the Spring! The long Winter sleep will prepare the plant with a strong and mighty root system which will produce (hopefully) a lot of strawberries! When the frost has cleared and temperatures have risen in the Spring you can uncover the mulch from the plant and place the pot in the sun to further water and be nourished throughout the summer!



Please check the LIFE\*SPIN website for detailed videos on planting, and other gardening ideas, tips and tricks:

<https://www.lifespın.org/pocket-size-farm>

#### **A Strawberry Joke:**

Q. What did one strawberry say to the other strawberry?

A. "If we weren't so sweet we wouldn't be in this jam!"