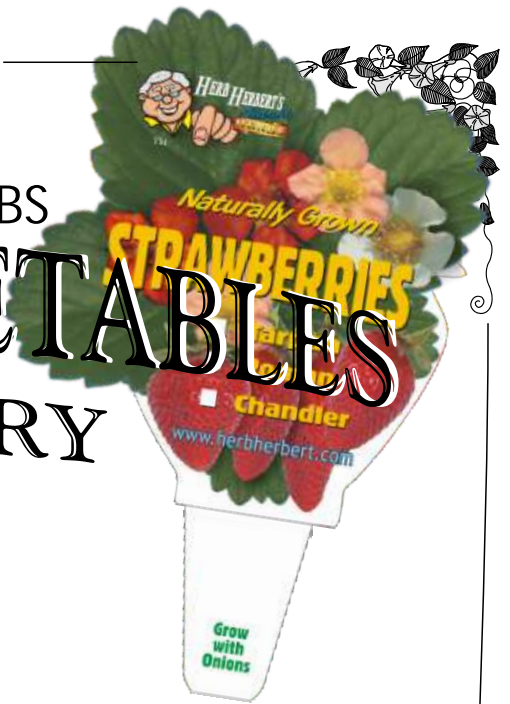


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HERB HERBERT
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SPECIAL INTEREST HERBS

GOURMET VEGETABLES

STRAWBERRY



DESCRPTION
Annual vegetable.
Low-growing
perennial, widely distributed in
northern temperate regions.

PROPERTIES
A cooling,
astringent, tonic
herb, with mild diuretic and
laxative effects that improves
digestive functions and benefits
the skin.

USES

Culinary

Leaves are included in blended
herb teas. Fruits are eaten fresh,
added to summer drinks and made
into dessert, juice, jam, syrup and
wine.

Medicinal

Internally for diarrhea, digestive
upsets, and gout (leaves, roots).
Externally for sunburn, skin
blemishes and discoloured teeth.

GROWTH
Leaves should be
picked as often as
possible to promote new growth.

CULTIVATION
Strawberries are very
adaptable but prefer
to grow in rich moist
soil in sun or partial shade. Most
home gardeners grow
strawberries in a section of raised
bed in the vegetable garden with
plants spaced at 30cm/12in each
way.

Surface mulching between plants
will prevent weeds, maintain an
even soil temperature and prevent
moisture loss in summer. A mulch
keeps fruit clean too. Grass
clippings, compost, leaf mould,
straw, sawdust, wood shavings or
pine bark are all suitable for
mulching. Black polythene
sheeting makes an excellent mulch
for raised beds, and fruiting is
earlier because of the warmer soil.
Spread the polythene and cut a
small lit for each plant and make a
depression in the soil below to
direct water to roots.

Strawberries do well in large,
tubs or barrels with holes cut
in the sides. There are
a few non-running
varieties suited to
this kind of growing.

Plants deteriorate
after a few years and
need replacing.
Botrytis and Two
Spotted Mite may be
a problem. Leaves are
gathered in early
summer and dried for
use in infusions. Roots are
lifted in autumn/fall and
dried for use in decoctions.
Fruits are picked in summer
and used fresh.

Companion plant to Borage and
Pyrethrum was also planted as a
pest repellent.



Any enquiries can be directed to:

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This Herb description is for informal use only; we cannot accept any liability for any harm or illness arising from the misuse of the plant described above

www.herbherbert.com