



## STRAWBERRY

Common Name(s): Strawberry

Scientific Name: *Fragaria spp.*

Hawaiian Name: 'Ōhelo papa

Plant Part Eaten: Fruit

### Locally Grown...

- Strawberries are grown commercially at higher elevations in Hawai'i because strawberries grow well where there are cool nights and sunny days. Waimea on Hawai'i Island, and Upcountry Maui have proven to be ideal places to grow these fruits at a large scale.
- Maui strawberry farms keep ideal growing conditions year round by harvesting higher up the mountain in summer, and lower down the mountain in winter.
- Warmer fruiting plants are also sold at retail garden stores for the home gardener, but usually aren't as sweet as the cold varieties.



### Where else it's grown in the world...

California is a top producer, with Europe, Asia, Africa, and Australia also growing these tasty fruits.

### In the Garden...

- Growing strawberries from seed can be tricky. Follow directions on the seed packet for germination or, better yet, get a plant from a nursery or a friend's garden.
- Choose a location with good drainage and full sun exposure. Strawberry plants may be grown in pots or the ground.



### Nutrition Info...

- A great source of Vitamin C, which fights illness.
- Low in calories. 1 cup has only 55 calories.
- 8 strawberries provide 20% of the folic acid you need daily, which helps your body repair itself and grow!
- Good source of fiber, which helps immune function by keeping the intestines healthy.

### Meet a Farmer...

Farm: Kula Country Farms

Farmers: Chauncy & Teena Monden

Location: Kula, Maui

Website: [kulacountryfarmsmaui.com](http://kulacountryfarmsmaui.com)



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Kula Country Farms is run by a fourth generation farmer and UH finance graduate Chauncy Monden and his wife Teena. They grow strawberries, onions, cabbage, and broccoli on 55 acres and also operate a fruit stand that sells produce from other local farms along with their strawberry syrups and jams. Local families visit the farm for "u-pick-it" days to harvest their own strawberries. Crop rotations and cover crops are grown to attract beneficial insects and nematodes, and to promote good soil. The farmers care about the 'āina and are always researching new ways and new materials to help "take care" for the future, the children, and the island of Maui.

- Be sure not to cover the plant crown with soil; cover just the root ball.
- Cut off runners to let plants establish themselves and direct energy to fruit production. Later, daughter plants can be produced by allowing some runners to grow into the ground 7-10 inches from the original plant.
- Mulching the soil with straw can keep the soil from drying out and help to keep strawberries from getting moldy on the ground.
- Harvest berries when they are ripe and wash just prior to eating.

## Let's Get Cooking...Spinach-Strawberry Salad

### Ingredients

- 6 cups local baby spinach
- 1 pint local strawberries, sliced
- 1-2 local avocado(s) chunks
- 5 oz. Big Island Goat Dairy feta cheese, crumbled
- 1/4 cup chopped Hawaiian macadamia nuts
- half a small red onion, thinly sliced (optional)
- balsamic or papaya seed dressing

### Directions

1. Wash all produce before cutting.
2. Combine all ingredients and drizzle your choice of dressing over the salad.



*Recipe by Amanda Corby and Mark Noguchi*



*Reminder: Please compost your food waste.*



## What can you make with strawberries?

Fresh strawberries are great alone or dipped in yogurt. Try strawberries in smoothies, preserves, sorbet, and ice cream. Fresh strawberries are a great addition to breakfast on pancakes and waffles. Strawberry shortcake and other cakes, pies, or tarts. Try them in refreshing flavored waters or lemonades or grilled with a balsamic vinegar and brown sugar glaze.

## Did you know?

1. The little "seeds" on the outside of a strawberry are actually the fruit and the flesh is part of the flower.
2. Strawberries don't ripen after they're picked and should only be harvested after they are red and ripe.
3. Strawberries belong to the rose family, along with apples and plums.
4. Are they really a berry? Not according to botanists as true berries hold their seeds on the inside.
5. Native Americans called strawberries "heart-seed berries" and pounded them into their corn-meal bread. The colonists copied this, and the strawberry shortcake was born.
6. Ever try to count the seeds on a strawberries? On average 200 tiny seeds in every berry!

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit

[www.kokuahawaiiifoundation.org/HawaiianHarvest](http://www.kokuahawaiiifoundation.org/HawaiianHarvest).

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