



Sweet Strawberries

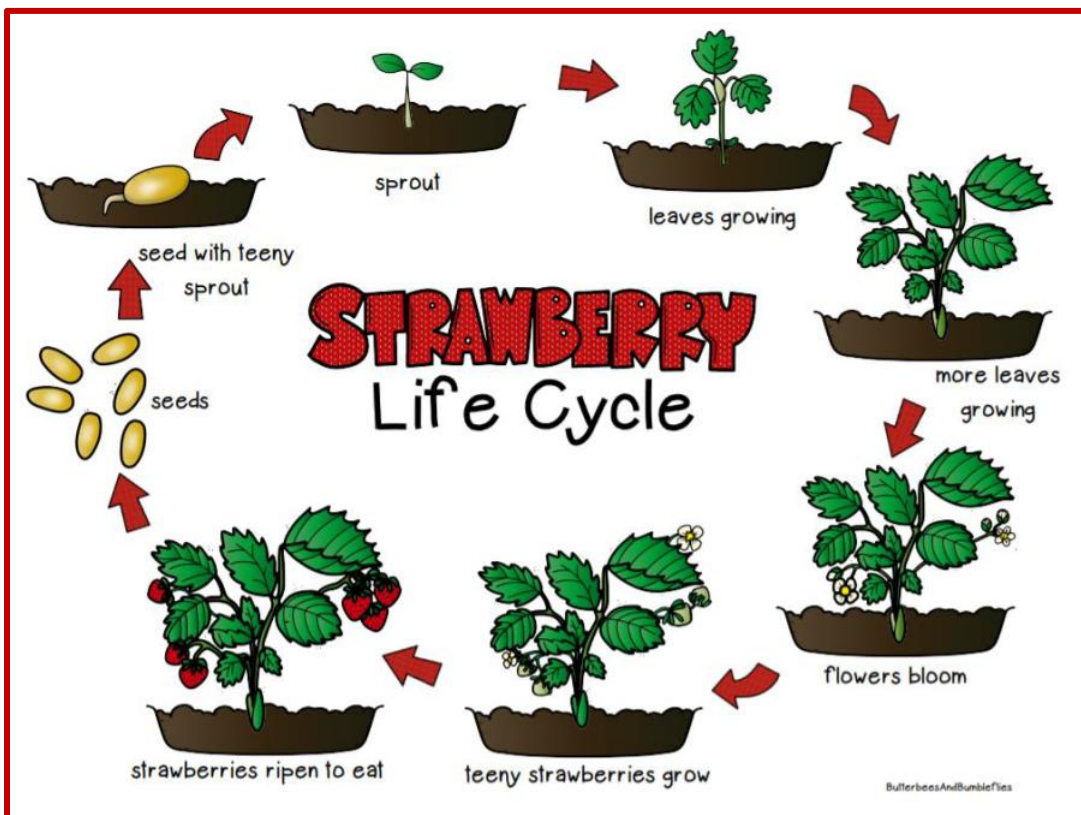
Enjoy a sweet strawberry treat while you learn how strawberries are grown and harvested.



People in the United States love to eat strawberries! Fresh strawberries are delicious and nutritious. They contain Vitamin C and fiber which are important parts of a healthy diet.

Strawberries are the only fruit with seeds that grow on the outside. A single strawberry can hold around 200 seeds! Strawberries can be grown from seeds, but most growers start with small plants called seedlings. Under ideal conditions, strawberry plants can live for five or six years.

Strawberry plants rest in the winter. They begin to grow in early spring when the soil warms up. After the leaves grow, tiny white flowers begin to appear. Where each flower forms, a tiny strawberry begins to grow as long as its been visited by a pollinator first. Strawberries are often the first fruit to ripen in the spring.



To watch the video
All About Strawberries
click [here](#).

<https://tinyurl.com/yydt8ppv>

To watch a video that
shows 30 days of a
strawberry's growth in
one minute click [here](#).

<https://tinyurl.com/y5er3f8s>

To watch the video
*How to Grow Strawberry
Plants at Home* click [here](#).

<https://tinyurl.com/yy5p4yfh>



Strawberries are grown on both large and small farms throughout the United States. Strawberries grow best when temperatures are between 60 and 80 degrees. Many of the fresh strawberries we find in grocery stores are grown on large farms in California. The temperatures in southern California allow farmers to grow and ship strawberries all year long.

Many people prefer the taste of fresh strawberries that have been grown locally. In Maryland, strawberries are harvested from mid-May to mid-June. Many strawberry farms in Maryland are known as **Pick-Your-Own** or **U-pick farms**. These farms are opened to the public when the strawberries are ready to harvest. Customers go into the fields where the fruits grow and pick their own strawberries. The strawberries are weighed, and customers pay by the pound.



To watch a video about harvesting strawberries on a large farm in California click [here](https://tinyurl.com/y47ebrlg).

<https://tinyurl.com/y47ebrlg>

To find pick-your-own farms in Maryland click [here](https://tinyurl.com/wcpm06b7) or [here](https://tinyurl.com/y43f7bza).

<https://tinyurl.com/wcpm06b7>
<https://tinyurl.com/y43f7bza>

To watch a video about the different fruits and vegetables you can find at a Maryland pick-your-own farm click [here](https://tinyurl.com/y2amh06j).

<https://tinyurl.com/y2amh06j>

Strawberry and Cream Popsicles

**Another popular way to eat strawberries is in a dessert!
Here is a sweet frozen treat you can make at home.**

Ingredients:

- 10 - 12 strawberries
- 1 cup whole milk
- 1 cup liquid whipping cream
- 1/3 cup sweetened condensed milk

Directions:

1. Cut tops off of the strawberries.
2. Mash the strawberries in a small bowl.
3. In a larger bowl, mix together the milk, whipping cream, and sweetened condensed milk.
4. Add the mashed strawberries to the cream mixture and mix well.
5. Pour the mixture into popsicle molds or ice cube trays.
6. Add popsicle sticks.
7. Freeze for several hours.



Recipe and photo courtesy of farmfresh toyou.com

Yum!



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