

# Nutritional Facts

Strawberries mainly consist of water (91%) and carbohydrates (7.7%). They contain only minor amounts of fat (0.3%) and protein (0.7%).

The nutrients in 3.5 ounces (100 grams) of raw strawberries (3Trusted Source) are:

- Calories: 32
- Water: 91%
- Protein: 0.7 grams
- Carbs: 7.7 grams
- Sugar: 4.9 grams
- Fiber: 2 grams
- Fat: 0.3 grams

## Vitamins & Minerals

The most abundant vitamins and minerals in strawberries are:

- Vitamin C
- Manganese
- Folate (Vitamin B9)
- Potassium

Source:

<https://www.healthline.com/nutrition/foods/strawberries#nutrition>



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## Did you know?

Strawberries are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control.

Source:  
<https://www.healthline.com/nutrition/foods/strawberries#nutrition>

## How to propagate & grow?

- Fill the pots with mix garden soil and vermi cast (one part garden soil and one part vermi cast)
- Place them into the ground near the mother plant
- Lay each runner on top of potting medium
- Water thoroughly



- In about four to six weeks there should be enough root growth (runner) to cut away from the mother plant

- One week after cutting the runner from the mother plant, transplant to bigger pots



- Water the plants two to three times per week during dry season
- After three to four months, strawberries will start to flower which will bear fruit
- Harvest, when fruits turns red



## Health Benefits

- Improve Heart Health
- Blood Sugar Regulation
- Cancer prevention

Source:

<https://www.healthline.com/nutrition/foods/strawberries#benefits>



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## Strawberry Slush

- 1/2 lemon
- 1 mint leaf
- 1/2 cup strawberries
- 1/2 cup water
- 1 tbsp brown sugar or 2 tbsp honey

Source:  
Eastern Cogon Elementary School (ECES) Practice