

EDIBLE GARDEN



STRAWBERRY

The garden strawberry (*Fragaria × ananassa*) or simply, strawberry, is a hybrid plant cultivated worldwide for its fruit. Despite its name, the strawberry is not actually a berry, but rather a fleshy receptacle surrounded by the actual fruits - which are commonly considered seeds.

Strawberries can be used in a wide variety of culinary applications. Most preparations are sweet, including jams, jellies and preserves; and desserts such as ice cream, yogurts, milkshakes and smoothies. They are an excellent source of antioxidants, vitamins and minerals.