

ANOTHER  
**HERB HERBERT FAVOURITE HERBS**  
FACT SHEET

# Strawberry Alpine

*Fragaria vesca*



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**T**his genus contains about six species of low-growing perennials, widely distributed in northern temperate regions.

**Alpine strawberries** are cultivars of *Fragaria vesca*, found in woods and grassland in Europe, western Asia, and North America. They have smaller, more aromatic fruits on bushier plants than the other species...

*F. vesca* (**Wild Strawberry**) is a perennial with long runners, rooting at the nodes, and trifoliate leaves with ovate, toothed leaflets. The 5-petaled, white flowers have yellow centers. Bright red, ovoid fruits have seeds embedded in the skin.

Height 25cm/10in Spread 20cm/8in



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## PARTS USED

Leaves, roots, fruits

## PROPERTIES

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

## USES OF THE HERB

### 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 (fruit juice).

## GROWTH

Ornamental. Humus-rich soil in sun or partial shade. Propagate by seed sown in spring to autumn. Plants deteriorate after a few years and need replacing. Botrytis and Two spotted mite may be problems.

## HARVEST

Leaves are gathered in early summer and dried for use in infusions. Roots are lifted in autumn and dried for use in decoctions. Fruits are picked in summer and used fresh.

