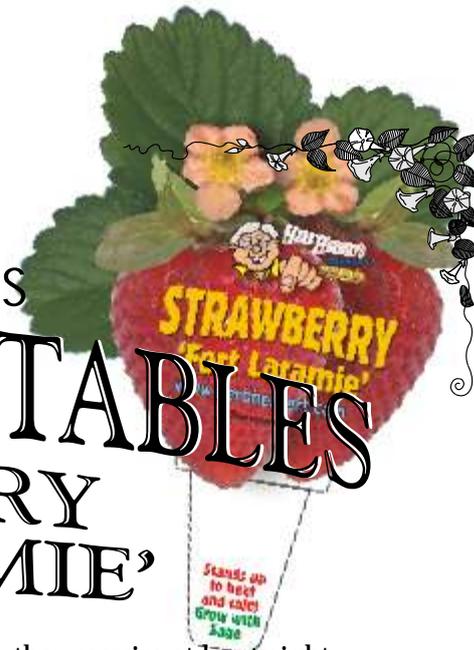


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STRAWBERRY 'FORT LARAMIE'



DESCRIPTION
This is a vigorous strawberry that will deliver lots of fruit. Fort Laramie has a reputation as an extremely hardy variety capable of standing up to cold and heat and for delivering large amount of berries. An older variety, it is also one of the sweetest tasting varieties. The berries are plump and bright scarlet red in colour, have firm flesh and plenty of juice. As an everbearing strawberry it will provide a constant supply of fruit all summer long. A cooling, astringent, tonic herb, with mild diuretic and laxative effects, that improves digestive functions and benefits skin.

GROWTH
Generally, everbearers like Fort Laramie are very easy to grow and will do well most anywhere. Pinch off blooms for the first two months on strawberries to promote runner production. Fort Laramie produces many runners and unrooted ones can also be trained to climb.

CULTIVATION
Strawberries are adaptable but prefer to grow in rich moist soil in sun or partial shade. Generally

USES
Strawberries are a delicious addition to a wide array of dishes! Culinary: Leaves are included in blended herb teas. Fruits eaten fresh, added to summer drinks and made into dessert, juice, jam, syrup & wine. Medicinal: Internally for diarrhoea, digestive upsets and gout (leaves, roots). Externally for sunburn, skin blemishes and discoloured teeth.



they require at least eight hours of full sun each day of the growing season to produce at their maximum capability. Most home gardeners grow strawberries in a section of raised bed in the vegetable garden with plants spaced at 12 in/30cm each way. Surface mulching between plants will prevent weeds, maintain an even soil temperature, keep fruit clean and prevent moisture loss in summer. Grass clippings, compost, leaf mould, straw, sawdust, wood shavings or pine bark are all suitable mulching material. Black polythene sheeting makes an excellent mulch for raised beds, and fruiting is earlier because of the warmer soil. Spread the polythene and cut a small slit for each plant and make a depression in the soil below to direct water to roots.

Strawberries also do well in large, tubs or barrels with holes cut in the sides but there are a few non-running varieties suited to this kind of growing.

Fort Laramie is self-pollinating but generally, a strawberry bed will be good for three years and then need replacing. Botrytis and Two Spotted Mite may be a problem. Use Pyrethrum as an insect repellent.

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This Herb description is for informal use only; we cannot accept any liability for any harm or illness arising from the misuse of the plant described above

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