



10 years of community members harvesting strawberries at Strawberry Mansion, EPRA, and POP's Strawberry Fest!

To learn more about harvest and planting events, throughout the year, visit www.phillyorchards.org

STRAWBERRY SEASON

Celebrating
& savoring the
season's first fruit

*Growing tips, recipes, & games
from the Philadelphia Orchard Project
community*



PHILADELPHIA
ORCHARD PROJECT



A LOOK BACK FROM THE PATCH AT

Strawberry Fest

THROUGH THE YEARS....

GROWING COMMUNITY & TRADITIONS



Philadelphia Beekeepers Guild's Suzanne Matlock shares fresh honeycomb from the hives at Strawberry Mansion Spring 2016



Toddler eyes a basket of fresh-picked strawberries Spring 2010

Fun for the whole-family, all ages enjoy the hunt for the sweet, red strawberry! Spring 2017



Planting urban orchards is a most delicious endeavor -- and not only for the fresh-picked fruit and herbs it provides for the many community members and volunteers involved in POP's orchard spaces.

It's also the deep-down satisfying feeling of knowing earth care is the basis for self-and community-care, too. When communities come together to plant, to tend, and to harvest from the trees, shrubs, and herb understories of their neighborhoods, new traditions grow from this connection with the land, for many years to come.

That's what we've seen in the 11 years of this continuing work, with 61 orchards planted (and counting!). Human and plant communities -- growing side by side -- with new learnings, challenges, and growths all the time.

The growing tips, recipes, and games contained herein celebrate the people & plants of our city. May you be nourished by their sharing!

Follow our growth through Facebook and Instagram @phillyorchards

-- The Philadelphia Orchard Project

PLANTING STRAWBERRIES

TIPS & VARIETIES

Nothing quite compares to the explosive flavor of a fresh-picked, sun-ripened strawberry! And, what's more — these delicious, early perennial fruits are **easy to grow** and **adaptable to a range of growing conditions**. With some understanding of their life cycle and needs, you can grow your very own strawberries - whether you're establishing them in a garden patch or orchard, as edging, or in a container or hanging basket.

Strawberries are **hardy perennials** that die back in the winter and re-emerge with new growth in the spring as the soil warms. After flowering and fruiting, the mother plant sends out **runners** that form daughter plants at the tips where they meet ground and take root - still maintaining their connection. Ideally, runners can be clipped and replanted to allow no more than 3 daughter plants per mother crown. A second flush of leaves and, fruit grows in late-summer fall (depending on variety) (continued...)



games for kids

Suitable for ages 6 - 12

Adapted with input from

'Megan Brookens

Repair the World Fellow 2017-18



strawberry runner tag

This game is just like normal tag, where one person starts off as an "in" and they have to chase after all the other people. In this game, the **"in" person is the head strawberry**. In **strawberry runner tag**, when other person gets "in" they link hands with the original person - the head strawberry, becoming part of the chain. ***The chain is not allowed to be broken.*** When one person is left, that person becomes 'In" or the head strawberry for the next game.

Variations: the facilitator can play the role of gardener and **decide to propagate the runner chains** - coming through with fake / gestured **SHEARS** or scissors and divide the "in" chain creating multiple teams of strawberry chains. Teams then compete to collect or grow the longest runner.

Facilitator can add in **weather conditions** or **pests to impact part of the "in" chain**. Call out conditions like "drought," "ate half the runner." etc.

STRAWBERRY-RHUBARB CRUMB BARS

CRUMB INGREDIENTS

1 cup granulated sugar
1 teaspoon baking powder
3 cups all-purpose flour
1/4 teaspoon salt
1 cup (8 oz) cold unsalted butter,
cut into chunks
1 large egg

FRUIT INGREDIENTS

Juice of 1 lemon
1/2 cup (100 grams) granulated
sugar
4 teaspoons cornstarch
3 cups fresh strawberries
1 cup fresh rhubarb, chopped

INSTRUCTIONS

Preheat the oven to 375 degrees F. Butter a 9×13 inch pan.

In a medium bowl, stir together sugar, flour, baking powder, and salt. Use a fork or pastry cutter to blend in the butter and egg. Dough will be crumbly. Pat half of dough into the prepared pan.

In another bowl, stir together the sugar, cornstarch and lemon juice. Gently mix in the strawberries and rhubarb. Sprinkle the fruit mixture evenly over the crust. Crumble remaining dough over the fruit layer.

Bake in preheated oven for 45 minutes, or until top is slightly brown. Cool completely before cutting into squares.

This recipe has won past East Park Strawberry Fest contests! Marlene Goeke created this variation on Deb Perelman's blueberry crumb bar recipe at smittenkitchen.com, who in turn adapted it from allrecipes.com.



TYPES & TIPS FOR OPTIMUM GROWTH

There are three main types of strawberries:

June-bearing or spring bearing produce a single large crop during a 2-3 week period in spring. Usually produces the largest fruits.

Ever-bearing produce three periods of flowers and fruit during spring, summer, and fall. Do not produce many runners - *ideal for small or limited space gardening for max fruit production!*

Day neutral produce fruit throughout the growing season, but in smaller quantities than June-bearing.

Now, for what strawberries need for optimum growth:

-- Plant small plants, or bare roots in area of **full sun** (8+ hours) in the spring or late fall.

-- Favors **sandy loam with a soil pH from 5.8 to 6.2.**

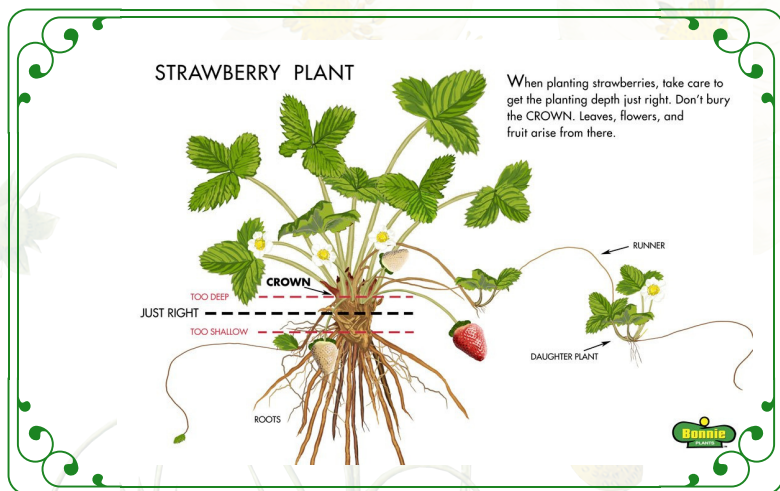
Where clay is present, be sure to amend with compost or leaf mulch. **Amend** planting site soil **with 1-2 inches of organic matter** like compost or well-rotted manure.

-- When planting, **place the crown slightly above soil level** to avoid rotting that can occur (see next page)

-- Spacing is determinant on variety - generally, **space plants 12-18 inches apart.**

-- **During the first year, pinch off all flowers** on June-bearing varieties and all flowers that form until July 1st on ever-bearing and day neutral varieties. (continued...)

TIPS FOR OPTIMUM GROWTH



- Provide your plants **1-2 inches of water per week** while they're getting established.
- **Mulch between plants with straw or shredded leaves** to keep the soil temperature cool, keep weeds down, and to keep the fruit off the soil. Where slugs are a problem, black plastic lining can help.
- To **harvest**, pick fruit where the leaf crown meets the runner. A small pair of scissors can also help!
- Apply well-balanced **fertilizer** or **compost tea** after first fruit flush to encourage additional fruiting. Don't overdo it or you might get excessive leaf growth!
- Help plants **overwinter by covering crowns** with shredded leaves or straw in the late fall. (continued...)

STRAWBERRY-CHEESECAKE PARFAIT



INGREDIENTS

- 1 cup Cream Cheese softened
- 1 cup Mascarpone Cheese softened
- 1 Cup of heavy cream whipped
- 2 Tbsp Lemon Juice
- 1 quart strawberries divided into 2 pints;
- 1 pint washed and quartered, 1 pint washed and diced
- Approximately ½ cup Confectioner's Sugar or to taste
- ½ cup Cane Sugar divided in half
- Optional: A splash of rum, Cointreau, or Triple Sec could be added to strawberry puree

INSTRUCTIONS (MAKES 6-8 1/2 CUP PORTIONS)

Approximately 24 hours - 1 hour before you prepare other ingredients prepare strawberries as indicated above. Taste your strawberries before adding sugar to determine whether more or less sugar might be required. Add 1/4 cane sugar to both diced and quartered strawberries, mix well to coat strawberries with sugar. Allow to sit in separate bowls at room temp for about 10 minutes. Cover and chill for up to 24 hours or until strawberries have begun to release their juice.

Once strawberries are ready, beat together the 2 cheeses along with the 2 Tbsp of lemon juice and the confectioner's sugar. Once fully combined and smooth, taste, adjust sugar content if needed. Fold in whipped cream. Remove diced strawberries from the refrigerator and puree.

Remove quartered strawberries from refrigerator.

Spoon a heaping spoon of cream cheese mixture into a 6 ounce clear tumbler, glass or cup, top with a drizzle of pureed strawberries, add another heaping of cream cheese mixture. Top with another drizzle of strawberry puree. Garnish with quartered strawberries and their juice. Pipe whipped cream on top if desired.

Chef Gail Jones-Hinson is a culinary educator of youth and adults at Wakefern Food Corp, Awbury Urban Ag. Youth Development Program, & designer of Awbury's POP Up Dinners - menu and event design.

SPRING GODDESS SALAD WITH WHIPPED STRAWBERRY DRESSING & CASHEW CHEESE

DRESSING INGREDIENTS

1 large juicy organic lemon or 2 small ones
4 large organic strawberries
1/3 extra virgin olive oil-preferably made in Greece
1/3 cup water

CHEESE INGREDIENTS

1 lb. raw cashews
juice and zest of 1 organic lemon
4 large organic strawberries
Himalayan pink salt to taste
whole wheat crackers or crisp flatbread

SALAD INGREDIENTS

1 lb of spring mix with baby romaine leaves
6-8 strawberries
1/4 cup pistachio nuts
1/4 cup Gogi berries or cranberries
1/4 cup finely chopped wild dandelion, plantain or violet
1/4 cup hemp seeds or hemp hearts
2-3 organic mini Persian cucumbers cut into medallions or triangle quarters
2-3 spring onions chopped into medallions

DRESSING INSTRUCTIONS: Place all of the dressing ingredients in a blender and whip on high speed. Process till velvety. * your bottled dressing will last a few days in the refrigerator

CHEESE INSTRUCTIONS: Soak the in a jar of water cashews for 6 hours at room temperature . Add cashews to a high speed blender along with lemon, strawberries and salt. Start with the the low speed setting until nuts are fully incorporated into wet ingredients. Process till creamy. Serve on hearty textured crackers or flatbread. * you will have lost of leftover cheese that can be frozen for 6 months or kept in refrigerator for a few days

SALAD INSTRUCTIONS: Beautifully arrange the strawberries, cucumbers, onion, ad dried berries on a bed of spring mix .Add a chiffonade of wild plants. Drizzle your dressing . Sprinkle with pistachios and hemp seeds. Enjoy bites of strawberry cheese toast with your salad .

Najia Arts has been a culinary artist for many years. She runs Goddess Retreats helping women access their divine feminine www.goddesslovespirit.com/blog

POP'S TOP PICKS

Ready to plant your own patch to enjoy year after year? Look no further! **Here are some of POP's favorite varieties to consider for your home garden or orchard:**

SEASCAPE



GARDEN STRAWBERRIES (FRAGARIA X ANANASSA)

90% of the garden strawberries we plant are **SEASCAPE**, a day-neutral variety that produces large, sweet red berries spring, summer, and fall and starts fruiting 3 months from planting. **Easy-growing, heat tolerant and disease resistant!**

Also check out **EARLIGLOW** a cold-hardy, medium-large conical berry ripening in June; **TRISTAR**, an ever-bearing variety with heavy spring crop & attractive foliage; and **ALBION**, an ever-bearing variety with intense sweetness



GOLDEN ALEXANDRIA



ALPINE STRAWBERRIES (FRAGARIA VESCA)

Alpine strawberries produce smaller fruit than the modern garden varieties and serve as a **productive ground-cover**. They bear fruit in spring and fall and can **withstand drought**.

We plant **GOLDEN ALEXANDRIA**, an heirloom ever-bearing variety with golden leaves, & bright red, sweet fruit that produces from June-Oct.; and **WHITE DELIGHT**, a woodland strawberry varietal that produces white, sweet fruit - a perfect variety to grow for **outsmarting birds** and other berry-crazed wildlife.

STRAWBERRY GINGER JAM

INGREDIENTS

2lbs of hulled strawberries
(leave whole)
1lb sugar
1/4 cup fresh squeezed orange
juice
2 inch knob of ginger minced

INSTRUCTIONS

In a hard plastic/non-reactive container combine all of the ingredients, cover well and let macerate in the refrigerator for 24 hours.

Pour ingredients into a copper pot or non-reactive kettle. Over high heat bring contents to a boil (do not stir). Once boiling stir the pot constantly with a heat proof spatula and scrape the bottom of the pan to prevent sticking. Keep mixture cooking at a high temperature while stirring until the fruit becomes saturated with liquid and the color gets a little darker (about 20 minutes).

Remove pan from heat and skim off any foam from the top of the mixture. Return to heat medium-high heat for 3-5 minutes more to get rid of any excess liquid. Jam is finished when it holds to a cold spoon. The mix will be slightly loose.

Store in a sealed container or jar according to manufacturer instructions.

J.A. Harris runs F.E.D - Food Everyone Deserves, a catering company that connects food work to organizing and social justice efforts. Follow F.E.D.'s work at foodeveryonedeserves.com

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ways to play

Let's play some games and learn how strawberries grow! Strawberry plants produce **runners** which are horizontal stems that run above ground and produce new clone plants. Most plants have a root system that consists of a primary root or primary roots with root branches forming and growing from the primary root. Strawberry plants have this formation for most of their root system. However, they also have a special advantage: **adventitious root formation!**

Adventitious roots start growing away from the primary roots of a plant, originating instead from the stem, branches, leaves, or old and woody roots. This gives plants like strawberries an advantage over other plants because they are able to propagate themselves in different directions using the runners to find better growing locations for their offspring. This growth pattern allows them to find better soil or areas with better sunlight.

One issue with the runners is that the strawberry plants don't understand that we want to grow other things in our gardens! They only want to eat, grow, and reproduce. They don't stop sending out runners when you would like them to which means we have to thin the strawberry beds and make sure they don't take over other areas.



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