GROW STRAWBERRIES WITH FLOWER

Ask an adult to help you find these things:

YOU WILL NEED:
• a young strawberry plant (from a garden centre)
• large flowerpot
• compost
• watering can
• pebbles
• trowel
• gardening gloves

To decorate your plant pot:
• a small paintbrush
• poster paints (green, red and black)

Using black paint, draw a strawberry by painting a heart shape on your flowerpot. Paint it red and then let it dry. Then add a face and some arms and legs. Paint a green stalk on top.

1. Put on your gloves. Put a few stones in the bottom of your pot to help the water drain out properly. Put some compost in the pot like this.

2. Now carefully take your strawberry plant out of its little pot and put it into your big flowerpot. Add more compost to fill the pot.

3. Put your plant outside in the sun and water it every day. Keep it sheltered from strong winds. Near a fence or wall would be a good place to ensure it is protected.

When the strawberries start to grow they will be green, but soon...

4. ...they will look like this!

Pick the strawberries as soon as they turn completely red – this means they are ripe and ready to eat!

EAT MOVE LEARN
wcrf-uk.org/eat-move-learn