



HANGING BASKETS

Strawberry

It is important to take care when handling compost and plant materials. Hands should be washed thoroughly with soap and water after handling compost as it contains bacteria. Parts of plants e.g. leaves, stems, flowers, seeds and berries mentioned in the activities must not be eaten. Gloves should be worn to protect broken skin from bacteria from soil.

INSTRUCTIONS

1. Fill basket with **compost**, to just below the rim.
2. Place **strawberry plants** evenly around the edge of the basket.
3. Water the basket well, **feed** when flowering has started and hang in a sheltered sunny position.
4. The strawberry plants will produce **runners** after they have fruited, so snip them off and pot them on for next year.

WHAT YOU WILL NEED

Strawberry plants

Hanging basket liner
Hanger and bracket (make holes in liner for drainage)

Multi-purpose,
peat-free compost



Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

Delicious Strawberry Recipes

Strawberry Jam

Ingredients

1kg hulled strawberry
750g jam sugar
juice 1 lemon
small knob of butter (optional)

STEP 1

Prepare the strawberries by wiping them with a piece of damp kitchen paper. (Wiping the strawberries rather than washing them ensures the fruit doesn't absorb lots of water – too much water and the jam won't set easily.) To hull the fruit, use a knife to cut a cone shape into the strawberry and remove the stem. Cut any large berries in half.

STEP 2

Put the strawberries in a bowl and gently toss through the sugar. Leave uncovered at room temperature for 12 hrs or overnight. This process helps the sugar to dissolve, ensures the fruit doesn't disintegrate too much and helps to keep its vibrant colour.

STEP 3

Before starting the jam, put 2 saucers in the freezer. Tip the strawberry mixture into a preserving pan with the lemon juice. Set over a low heat and cook very gently. If any sugar remains on the sides of the pan, dip a pastry brush in hot water and brush the sugar away.

STEP 4

When you can no longer feel any grains of sugar remaining, turn up the heat to start bubbling the jam and bringing it to the boil. (The sugar must be completely dissolved before increasing the heat, otherwise it will be difficult for the jam to set, and it may contain crystallised lumps of sugar.)

STEP 5

Boil hard for 5-10 mins until the jam has reached 105C on a preserving or digital thermometer, then turn off the heat. If you don't have a thermometer, spoon a little jam onto one of the cold saucers. Leave for 30 secs, then push with your finger; if the jam wrinkles and doesn't flood to fill the gap, it is ready. If not, turn the heat back on and boil for 2 mins more, then turn off the heat and do the wrinkle test again. Repeat until ready.

STEP 6

Use a spoon to skim any scum that has risen to the surface and discard this. Do this only once at the end, rather than constantly during the boiling stage, to reduce wastage.

STEP 7

Add a knob of butter, if you like, to the finished jam, and stir in to melt. This will help to dissolve any remaining scum that you haven't managed to spoon off the top. Leave the jam to settle for 15 mins – this will ensure that the fruit stays suspended in the mixture and doesn't all float to the top of the jam jar. Meanwhile, sterilise your jars.

STEP 8

Ladle into warm jars, filling to just below the rim. Place a wax disc on top of the jam (this prevents mildew forming), then cover with a lid or a cellophane circle and elastic band. Pop on a label (include the date), plus a pretty fabric top, if you like. The jam can be stored for up to 1 year in a cool, dry place. Refrigerate after opening.

Recipe courtesy of BBC GoodFood website.

Easy strawberry ice cream

Ingredients

1 x 400g punnet strawberries
1 x 250g tub mascarpone
½ x 397g can condensed milk
cones and sprinkles, to serve

STEP 1

Pull the green hulls out of the strawberries. If they are still quite hard, cut them in half or quarters with a table knife. Tip them into a flat-bottomed dish.

STEP 2

Use a potato masher to squash the strawberries as much as you can. Tip into a bowl. Ask your grown-up helper to give you a hand if you need to.

STEP 3

Add the mascarpone and mash this in – don't worry if it is a bit lumpy. Add the condensed milk and mix everything together. Don't worry if the mix is streaky.

STEP 4

Spoon the mixture into a metal or plastic box and put it in the freezer. Wait until the next day or at least 6 hours before scooping into bowls or cones. Decorate how you like.

Recipe courtesy of BBC GoodFood website.

