



Wild Strawberry

Fragaria vesca

Rose Family (Rosaceae)

Zones: 5-9

Full Sun to Partial Shade

Low Water

Location: Fragrance Garden, Floral Walk, Herb Garden,
Medicinal Garden, Perennial Garden, Water
Pavilion

The wild woodland strawberry makes a great border groundcover for areas that might otherwise be difficult to plant. Its native range occurs throughout North America, Europe and Asian, with some temperate parts of South America, specifically Chile. It likes sunny areas but will also take some shade. Unlike most strawberries, it does not send out runners, so the size and spread of the plant is manageable. It does, however, reseed easily, so you will need to watch for small volunteer plants that emerge. It is also a good choice for your container gardens and arrangements.

It prefers rich, acidic soil and is hardy to Zone 4. This low grower only reaches about 4 to 10 inches in height and 8 inches wide. White flowers emerge in the spring and give way to small fruits that are either turn red or stay white in color. Both the leaves and the berries can be harvested and each have many uses. The berries are actually considered a natural bleach and if crushed and left on the teeth for 5 minutes can brighten your smile! It is also known to lighten dark spots on the skin and ease sunburns. The berries are high in vitamin C and have antioxidant properties. When the leaves are dried they make a flavorful addition to herbal teas.