

Alpine Strawberry

Fragaria vesca 'Alexandria'



Height:	15 - 30 cm (6 - 12 in)
Suitable for:	Moist soil in sun or shade. Ideal for pots and tubs.
Summary:	This is a popular perennial herb with white flowers and small scarlet berries and a delicious flavour. Cultivated alpine strawberries, unlike their wild relatives, do not produce runners and so are not invasive when planted in the border.

More information:

Alpine strawberries produce abundant crops of dainty scarlet fruits throughout the summer and early autumn. The flavour is stronger and more aromatic than that of the standard sized berries. They are ideal to be planted in containers, which makes them easier to protect from the birds. Alternatively their neat habit makes them perfect as an edging to a border or pathway. They will tolerate shade so long as the soil is moist and whilst they are by no means invasive you will find them self-seeding in the most unusual places!

These fruits are most commonly served as a dessert or in drinks.

Traditionally they are served with cream, but are also delicious Italian - style sprinkled with wine and orange juice, or for the more adventurous, with a few drops of good wine vinegar.

The scarlet berries make an elegant decoration to all types of desserts and also summer drinks such as Pimms.

Preserving Alpine Strawberries

The scarlet [alpine strawberries](#) make an elegant decoration to all types of desserts and also summer drinks such as Pimms.

To preserve the flavour for the winter months the berries can be infused in vodka.

Half fill a jar with the fruit and add a little sugar to taste if desired. Top up with vodka and keep for several weeks in a dark place, shaking every so often. The fruit will soon lose its colour and flavour to the spirit and can be drained off when the strawberries are greyish in colour.

The flavoured vodka can be used in desserts in the winter months or served as a liqueur.

As well as lots of 'sweet' recipes, strawberries have a particular affinity with chicken.

Chicken and Strawberry Salad

As well as lots of 'sweet' recipes, strawberries have a particular affinity with chicken.

Prepare a salad of cubed, cooked chicken breast, sliced avocado, shredded crisp lettuce and [french parsley](#) with quantities to suit your taste.

Dress the salad with a strawberry dressing:

Puree 200 g of [alpine strawberries](#) in a food processor and then add 75 ml of olive oil slowly to the puree whilst the processor is still running. Season to taste with salt, pepper, a pinch of sugar and approximately 2 tsp orange juice.

Dress the salad, just before serving.

The leaves of alpine strawberries are often found in blended herb teas. The juice from the berries is said to be good for improving discoloured teeth!