PLANT FACT SHEET

Fragaria vesca L.

GENUS *Fragaria* **FAMILY** Rosaceae

COMMON NAMES Alpine strawberry, Woodland strawberry

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves - tea, Flowers

The fruit is eaten fresh with ice cream or as a filling for tarts or made into jam.
The dried leaves are used to make tea. It has a good flavour and is high in Vit. C.
Young leaves are eaten in salads and soups. They are also used for tea.
The flowers are used in liqueurs,

DESCRIPTION

A small plant which keeps growing from year to year. It grows to 20 cm high and spreads to 30 cm wide. The stems are long runners which form roots at the nodes. The leaves have 3 leaflets and are bright green. The leaflets are oval and with coarse teeth around the edge. They are 6 cm long and arranged in rings on long leaf stalks. The flowers are small white and open. They have 5 petals. The fruit are oval and fleshy. They are white and turn red (or white) as they ripen. They are sweet. A strawberry with small leaves and fruit and the seeds are on the outside of the fruit.

HABITAT

It is a temperate plant. It grows in the highlands in the tropics. It grows from 1600 m up to 3550 m in the tropics. They do poorly in hot humid climates. It becomes naturalised in high mountain regions in Papua New Guinea. It needs well drained soils and a protected sunny position. They are drought and frost tender. They enjoy acid soil. It suits hardiness zones 5-9. In Sichuan and Yunnan.

PRODUCTION

Cultivation

They can be grown from seed. Seed are best put in a refrigerator for 2 weeks before planting. Mostly they are grown from runners. It grows wild in some areas.

NOTES

The cultivated strawberry is a variation of this plant. This plant has 2 sets of chromosomes. This has also been changed to 8 sets of chrosomes so that it can be crossed with the garden strawberry.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624–634

Ahmad, L., et al, 2021, An ethnobotanical survey of wild food plants used by the local communities of Kumrat Valley in District Upper Dir, Pakistan. Ethnobotany Research & Applications 22:20

Aipeisova S.A., et al, 2019, Wild useful herbs of Aktobe Region (Western Kazakhstan). Ukrainian Journal of Ecology, 9(3), 329-331

Akbulut, S., 2022, Importance of edible wild plants in world food security: The case of Turkey. Int J Agric Sc Food Technol 8(3): 209-213.

Aldhmoun, M., et al, 2025, Old Plants for New Food Products? The Diachronic Human Ecology of Wild Herbs in the Western Alps. Plants 2025, 14, 122.

Alrhmoun,M., et al, 2025, Diachronic changes in local food heritage: the ethnobiology of wild foods in central Tuscany. Journal of Ethnobiology and Ethnomedicine (2025) 21:48

Alrhmoun, M., et al, 2026, Ecological fingerprints of mountain migration in wild food plants of North Macedonian and other Balkan Gorani. Discover Food (2026) 6:189

Alva-Alvarado, I. M., et al, 2023, Wild plants for food in the Andes. Research Square. p 28. (As Fragaria vesca var. sylvestris)

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 227

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 220

Aziz, M. A., et al, 2022, The nexus between traditional foraging and its sustainability: a qualitative assessment among a few selected Eurasian case studies. Environment, Development and Sustainability. Springer.

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 24

Bianchini, F., Corbetta, F., and Pistoia, M., 1975, Fruits of the Earth. Cassell. p 158

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 478

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248

Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 172

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 443

Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 202

Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 216

Bussman, R. W., et al, 2016, A comparative ethnobotany of Khevsureti, Samtskhe-Javakheti, Tusheti, Svaneti, and Racha-Lechkhumi, Republic of Georgia (Sakartvelo), Caucasus. Journal of Ethnobiology and Ethnomedicine.

Bussman, R. W. et al, 2017, Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus. Indian Journal of Traditional Knowledge Vol. 16(1) pp 7-24

Bussman, R. W., et al, 2021, Unity in diversity—food plants and fungi of Sakartvelo (Republic of Georgia), Caucasus. Journal of Ethnobiology and Ethnomedicine (2021) 17:72 p 14

Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318

Chamorro, M. F., & Ladio, A., 2020, Native and exotic plants with edible fleshy fruits utilized in Patagonia and their role as sources of local functional foods. BMC Complementary Medicine and Therapies. 20:155

Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. Random House p 196

Cheng, Z., et al, 2022, Ethnobotanical study on wild edible plants used by Dulong people in northwestern Yunnan, China. Journal of Ethnobiology and Ethnomedicine (2022) 18:3

Chin, H.F., & Yong, H.S., 1996, Malaysian Fruits in Colour. Tropical press, Kuala Lumpur p 93

Christanell, A., et al, 2010, The Cultural Significance of Wild Gathered Plant Species in Kartitsch (Eastern Tyrol, Austria) and the Influence of Socioeconomic Changes on Local Gathering Practices. Chapter 3 in Ethnobotany in the New Europe. Berghahn Books.

Crate, S. A., 2008, "Eating Hay": The Ecology, Economy and Culture of Viliui Sakha Smallholders of Northeastern Siberia. Human Ecology 36:161-174

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 609

DARLINGTON & AMMAL,

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37

Dolina, K. & Luczaj, L., 2014, Wild food plants used on the Dubrovnik coast (south-eastern Croatia) Acta Soc Bot Pol 83(3):175–181

Full reference list (112 more) at https://www.echocommunity.org/en/resources/5d3de39e-357d-4b00-935e-08607caa7e98

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5d3de39e-357d-4b00-935e-08607caa7e98