**Strawberry Leaf Benefits**

Strawberry fruit is chock full of nutrients like vitamin C and fiber. But did you know the leaves are also? In most areas they can be harvested and dried any time of the year, but they are the most nutritious in when harvested and dried in the fall.

Their properties are:

* Antibacterial
* Antifungal
* Antimicribial
* Astringent
* Nervine
* Tonic
* Help anemia

They also contain a lot of iron and vitamin C.

I dry them thoroughly, and actually harvested them year-round, and use them in blended teas.

Some of my blends:

* With green and rooibos tea- 1/3 cup of each
* Mix with ½ cup rooibos- 5 T. each strawberry leaves and rose hips
* Medley- Blend with 1 cup rooibos and many other fresh, dried, fruity herbs

![A plant with leaves and flowers

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