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Strawberries



Selection

- ❖ **Strawberries do not ripen** after they're picked, so choose plump, bright red berries with a natural sheen and fresh, green caps (the part with the stem). All strawberries, large and small, are equally sweet and juicy.

Storage

- ❖ **Sort and remove any** bruised or damaged berries as soon as possible and use in sauces, purées or jams.
- ❖ **Place the berries in cool,** well-ventilated containers. The moisture content of Fresh Strawberries is high, so store them unwashed and uncovered, or loosely covered.

Quantities

- ❖ **1 pint = about 3 ¼ cups** whole berries (12-36 depending on size of berries) or about 2 ¼ cups sliced berries
- ❖ **1 cup sliced fresh berries** = 1 10-oz pkg frozen, sweetened berries

Choose locally-grown strawberries during the harvesting season; they will be the freshest and the most flavorful. When picking strawberries, try to pick early in the morning or later in the day when the fruit is cool. Strawberries are best used within 2-3 days of picking.

Nutrition Information

☞ Low calories ☞ High in Vitamin C ☞ Good source of folate, potassium & fiber ☞

Uses & Preparation

Freezing Whole Strawberries – Spread a single layer of prepared fruit on shallow trays and freeze. When frozen, promptly package (to avoid freezer burn) and return to freezer. The fruit pieces remain loose and can be used as needed.

Freezing Sliced or Crushed Strawberries – Prepare berries: Using ripe berries, wash gently and remove caps. Slice or crush partially or completely. To 1 quart berries, add ¾ cup sugar. Mix thoroughly. Stir until most of the sugar is dissolved or let stand 15 minutes. Pack into containers, leaving ½" headspace. Seal and freeze.

Recipe

Merry Fresh Strawberry Pie

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| 1 9-inch pie crust, baked | ¼ teaspoon salt |
| 1 cup white sugar | 1 cup boiling water |
| 3 tablespoons strawberry-flavored gelatin mix | 2 pints strawberries, cleaned and stemmed |
| 2 tablespoons cornstarch | 2 cups whipped topping (optional) |



Combine sugar, gelatin, cornstarch, and salt in a medium saucepan. Stir in boiling water. Boil mixture for 3 minutes over high heat, stirring constantly. Cool completely.

Arrange whole strawberries in pastry shell. Pour gelatin mixture over berries. Chill before serving. Top with whipped topping, if desired.