

# Strawberries from the farm . . .

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Now that you have picked your strawberries, relax and enjoy!



*Berries  
at the Market  
on our Farm*

Strawberries are a great fresh treat and can stand alone in many ways. Our favorites include berries fresh out-of-hand or dipped in confectioner's sugar, freshly whipped cream, or melted chocolate. Strawberries "shine" on top of ice cream, puddings, granola, salads, and pie. And don't forget to bake off your favorite shortcake or biscuit and layer it up with freshly sliced strawberries and fresh whipped cream from our market.

## **. . . Taking care of your strawberries**

- Strawberries are extremely perishable; handle with care .
- Once picked, get your berries under refrigeration as soon as possible.
- Do not leave your berries in your car or the trunk of your car.
- Do not hull the berries first.
- Do not rinse the berries until ready to use.
- Sort the berries, using the softest ones first.
- Spread the berries out in a shallow pan cover with waxed paper and store in the refrigerator.
- When ready to use, take what you want from the refrigerator and rinse first, then hull the berries.
- Remember strawberries are much like a sponge . . . Do not let them sit in water.

## **~As a food source . . .**

Delicate and naturally sweet and juicy, strawberries are a low-calorie food providing 53 calories and 3 grams of fiber per cup. The added bonus is that they are a good source of vitamin C, folate, and potassium. Strawberries are also full of bioflavonoids which help to reduce the risk of cancer.

## **~How do they measure out? . . .**

Use these conversions to help you figure out your recipe for baking, canning and freezing:

### **Fresh Strawberries -**

- 1 1/2 pounds = 1 quart
- 3 1/2 cups sliced strawberries = 1 quart

### **Frozen Strawberries -**

- 1 pound fresh = 1 pint frozen
- 2 quarts fresh = 3 pints frozen

A flat of strawberries (not piled up) weighs approximately 12 pounds.

## **~Can I freeze berries with the cap on?**

Yes! Fresh frozen strawberries make a beautiful garnish and the process is so simple.

- Do not hull the strawberries.
- Give strawberries a quick rinse in cold water.
- Gently lift them out of the water and drain on several layers of paper towels until almost dry.
- Spread in a single layer on a cookie sheet and freeze.
- Once frozen, remove from cookie sheet and place in zipper-top storage bags.
- Without sugar, the quality of the strawberry is compromised a little, but still can be useful as a garnish or added to the blender as a healthy addition to a smoothie.

## **~How to freeze sliced strawberries**

Rinse whole berries (with caps on) in cold water. Drain in colander. Hull the berries (remove caps, stems, and core) and slice into bowl. For every 7 cups of sliced berries, add 1 cup sugar to bowl. Let berries and sugar sit at room temperature for about an hour, periodically lifting and turning the berries gently. The sugar will dissolve into the juice from the berries making a wonderful syrup. Pack the berries with the juice into containers, remembering to leave space for expansion. Label, date, and freeze.

## **~Making strawberry jelly and jam**

It seems that every family has its own special strawberry season traditions. Making jam is easy and fun. The best suggestion is to follow the directions inside the SURE JELL or CERTO packages. Both are tried and true and yield good results. Select good quality jars and lids. Also consider the freezer jam recipes used by many.

## **~Need help or a jam-making class?**

Jam-making classes are offered by appointment. Call to schedule and discuss details.

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Thank you for picking your berries at Miller Farms. Your business keeps our family farming!

