



## Preserving Strawberries for Year-Round Enjoyment

### How to Freeze Whole Strawberries

1. Wash the berries and let them drain. There is no need to soak them in water for a long time. In fact, this won't be good for them.
2. Hull the berries (take the green caps off).
3. Place the berries on a baking sheet; give them space so they aren't touching each other. Place in the freezer until they are frozen.
4. Place the frozen berries in resealable bags or airtight containers and store in the freezer.
5. Throughout the year, take out as many berries as you need for baking, fruit salads, smoothies or other recipes.

### Strawberry Freezer Jam

- 4 cups (about 1 quart) fresh strawberries, crushed (use potato masher or food processor but leave chunky)
- 4 cups sugar
- 1 (1.75 ounce) package dry or powdered fruit pectin
- $\frac{3}{4}$  cup water

Mix crushed strawberries in a large bowl with sugar, and let stand 10 to 15 minutes. Stir occasionally. Stir pectin into the water in a saucepan. Bring to a boil and boil for 1 minute, stirring constantly. Add the boiling water to the bowl of strawberries and stir thoroughly. Allow to stand for 3 to 4 minutes then pour into jars or other storage containers.

Place tops on the jars or freezer containers, leaving  $\frac{1}{2}$ -inch headspace. Let stand at room temperature for 24 hours. Store in freezer until ready to use. They are best if eaten within 6 to 8 months.

Berries can also be dried. You can find guidelines on-line.

**Berries are tasty and nutritious! They have many healthy compounds that help reduce risk of disease. Pair them with seafood, on cereal, in smoothies. Toss them in salads. See [www.ncstrawberry.com](http://www.ncstrawberry.com) for many recipe ideas! "Like" our Facebook page and participate in "Short & Sweet Strawberry Share 2014" during May to help the needy & for chance to win \$500. See [www.facebook.com/NCStrawberry!](http://www.facebook.com/NCStrawberry!)**