

Hellerick's Family Farm

We Create Memories!™

Preparing & Storing Strawberries

Strawberry Equivalents

- 1 quart (qt.) of strawberries is about 1-1/4 to 1-1/2 pounds and will yield 4 to 5 servings
- 8 qt. is about 13 pints frozen
- 1-1/2 qts. (6 cups) is needed for a 9" pie
- 1 cup sliced fresh berries= 1 pkg (10 oz) of frozen sweetened berries
- You need 1 qt to yield 1-3/4 cups of crushed berries to make 1 batch of jam
- Substitute the same measure of frozen berries for fresh berries.

Storage Tips

Sort and removed any bruised or damaged berries as soon as possible and use

Strawberries taste best at room temperature (warm enough to be fragrant) Refrigerate berries that are to be eaten later

Strawberries should only be stored in the refrigerator for a few days before eaten. For optimal freshness, keep berries in qt box and place in paper or plastic bag

NEVER rinse the berries or remove the caps (hulls) before storing or juices will flow out of the berries

Preparation Tips

Gently wash berries with cool water just before use. Do not soak the berries. Remove the caps after rinsing, not before.

Nutritional Information

(1 cup sliced strawberries unsweetened)

Calories: 45

% calories from:

Fat 11%

Protein 7%

Carbohydrates 82%

Dietary fiber: 1.3 to 3.3 grams

Sodium: Low (2 mg)

Potassium: High (247 mg)

Vitamin C: 140% of USDA RDA

Freezing Strawberries

For long term storage, freezing is recommended. Strawberries can be frozen and safely kept for up to 1 year. Use quarts or pint containers or place in a heavy freezer bag tightly sealed. Prepare berries following the **Preparation Tips** listed on this page.

Dry-Pac, Sweetened: Slice washed, cap removed berries into a bowl. Sprinkle with 3/4 cup sugar for each quart of berries (adjust for personal taste and berry sweetness). Mix gently until sugar dissolves and juice forms. Fill freezer containers, shaking to pack closely. Leave 1/2 inch head space for pints, 3/4 inch for larger containers.

Dry-Pack, Unsweetened: Wash, drain and remove caps of berries. Crush gently and pack in containers, shaking to pack tightly. Fruits frozen without sweetener will keep but they may lose some of their flavor, texture and color.

Sweet Syrup Pack: Wash, drain and remove caps of berries. Prepare a sugar syrup. To make 5-1/2 cups (1- to 12 pint containers, 8 quart berries) mix 3 cups sugar with 4 cups water and boil until sugar dissolves. Refrigerate until cold. Slice berries into freezer containers and cover with cold syrup. Allow 1-1/2 cups fruit and 1/3 to 1/2 cup syrup per pint container/ Leave 1/2 inch head space.

Sweet Syrup Pack: Thawing Strawberries

If your berries were packed with sugar: for every pint of frozen, sweetened berries, reduce the amount of sugar called for by 1/2 cup.

For frozen berries in a sugar syrup, reduce the amount of liquid in the recipe accordingly.

Tray Freezing: Place washed, cap removed berries in a single layer on trays. Freeze until solid. Pack in freezer containers or heavy plastic bags. These berries can be used individually for special dessert or on cereal.

Thawing Strawberries: Berries tend to lose their texture and soften when thawed. Many people like frozen berries served icy, barely thawed for great taste and texture.

www.HellericksFarm.com

5500 Easton Road (Route 611 North), Doylestown, Pa 18902: 215-766-8388