

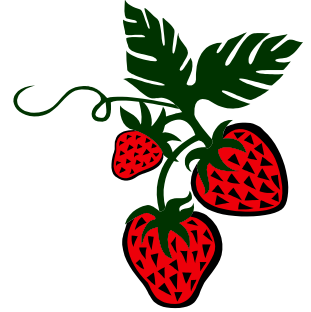


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Strawberries



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.

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). The size of the strawberry is not important. 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 unwashed, uncovered or loosely covered. Careful storing and handling will maintain their maximum flavor, color and texture.

Nutrition Information



- * Low calories * High in Vitamin C
- * Good source of folate, potassium and fiber

Uses

Just before serving, rinse strawberries with the caps still attached under a gentle spray of cool water. For optimal flavor, allow strawberries to reach room temperature before serving.

How Much Do I Need?

1 pint=about 3¼ c. whole berries (12-36, depending on size of berry or 2¼ c. sliced berries).

1 cup sliced fresh berries=one 10 oz. package of frozen, sweetened, berries can be used as needed.

Freezing 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.

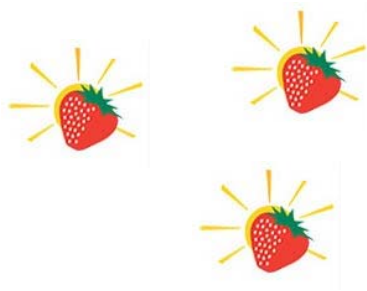
Sliced or Crushed Strawberries



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

Fresh Strawberry Pie

1 (9 inch) pie crust, baked
1 cup white sugar
3 tablespoons strawberry flavored gelatin mix
2 tablespoons cornstarch
¼ teaspoon salt
1 cup boiling water
2 pints strawberries, cleaned and stemmed
2 cups whipping cream, 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 cream.

426 Calories, 3g Protein, Total Fat 28g, Sodium 205mg, 82mg Cholesterol, 45g Carbohydrates, 2g Fiber