

Washington Farms

Freezing Tips

WHOLE: rinse first, then cap berries. Air dry on a dish towel. Place, not touching, on a cookie sheet and put in the freezer. Once berries are frozen, place them in freezer bags. Use later like ice cubes in fruit smoothies, or partially thawed in cereal or to snack on.

CHOPPED: (This is the way we freeze most of our strawberries). Rinse and cap the berries. You may crush, chop or slice the berries.

Crush: Place whole berries in a casserole dish and use anything with a flat surface to crush the berries. (We use glasses or glass jars). Then place in freezer bags.

Chop: Chop berries with a pastry blender or any food chopper (NOT a food processor.)

- 1) These are great for freezer jam, homemade ice cream, or pouring over ice cream or cake.
- 2) We usually freeze some without sugar. For freezer jam, pies, and homemade ice cream, do not add sugar; the recipe will call for sugar. For just pouring over cake or ice cream, you may want to add a little sugar to taste. If you add sugar, let the berries and sugar sit for a few minutes to make a juice.
- 3) We would recommend freezing no more than 2 cups of chopped berries in one bag.

Favorite Strawberry Recipes

Jams:

Cooked Jam

5 cups crushed berries (2qts)

7 cups (3lbs) sugar

1 box powdered fruit pectin

Stir powdered pectin into the berries. Bring berries and pectin to a boil and add sugar all at once. Again, bring the mixture to a boil for 1 minute, stirring constantly. Remove from heat and fill jars.

Freezer Jam

2 cups crushed berries (1qt)\
4 cups sugar (1 ¾ lb)
¾ cup water
1 box powdered fruit pectin

Add sugar to fruit and stir well. In a saucepan boil ¾ cup of water and the fruit pectin for 1 minute, stirring constantly. Add the hot pectin and water to the fruit and continue stirring for 3 minutes. Put in containers. Let stand 24 hours and store in freezer.

Fresh Strawberry Pie

1 qt strawberries
1 cup sugar
2 1/2 or 3 tbsp cornstarch
2 tbsp lemon juice
1 baked pie shell
½ pint whipping cream (optional)
Red food coloring (optional)

Wash berries and hull. Put one half of berries in sauce pan and crush. Mix sugar and cornstarch; add to crushed berries along with lemon juice. Cook on medium heat until mixture thickens. Cool. Cut remaining berries into halves and mix with the cooked mixture. Add a few drops of the red food coloring to the cooked mixture before adding the uncooked berries. Pour mixture into baked pie shell. Chill before serving. Serve topped with whipped cream.

Strawberry Smoothie

2 cups frozen strawberries
2 cups orange juice
1 banana
(blueberries, raspberries, or blackberries are optional.)
Sweeten to taste

Blend for 1 minute. Makes 4 cups.

Homemade Strawberry Ice Cream

4 large eggs
½ tsp. salt
6 cups milk
2 cups sugar
1 tbsp. vanilla extract
1 can sweetened condensed milk
1 pint strawberries (sweetened)

Combine eggs and salt; beat until light
Add condensed milk, sugar, and vanilla; Mix well
Pour mixture into ice cream churn
Add milk
Churn until almost set
Add strawberries and continue to churn until ready
Makes 12 servings

Care of Strawberries

- * Handle berries gently.
- * Protect them from heat and direct sunlight.
- * Leave the caps on the berries until after you wash them.
- * Do not wash the berries until you are ready to eat them.
- * To store your berries for a day or two, cover them and place in refrigerator.
- * It's best to store them only 1 or 2 deep in a shallow container.
- * On the drive home, keep berries cool and take them inside immediately to a cool place. Do not leave them in the car!

Tips

- * For best flavor after refrigerating, allow strawberries to reach room temperature before serving.
- * Always wash berries in cold water. Leave the caps on.
- * Do not wash until ready to use.
- * Leftover berries? Rinse, cap, and crush. Add sugar or not. Store in freezer bags in freezer. Thaw and use in smoothies, shakes, or over desserts for great fresh flavor! Also, 2 cups of these frozen crushed berries can be used to make a batch of "fresh" jam.
- * Strawberry ice cubes are pretty in punch or in a glass of lemonade. Place a whole, unhulled strawberry in each section of an ice cube tray, then fill with mineral water, punch or lemonade and freeze.

How To Pick Strawberries

1. Please stay on your assigned row.
2. Every red berry, large or small, is ripe so please pick all of the ripe berries on your row.
3. Green berries will not ripen after you pick them, unlike tomatoes.
4. Look under the leaves of each plant to find the berries. Pinch or pull stem from plant.
5. Try to leave the cap on the berry until you are ready to rinse and eat it. This keeps juice and vitamins inside.
6. Please do not cross rows to get that big juicy berry over there. There are some on your row.
7. Our flowers will be berries soon so please don't let children pick them.
8. Watch your step. Rows can be uneven.
9. Please stick your flags in the dirt beside the row at the spot where you stopped picking.

“Berry Best” Strawberry Tips

- * Strawberries stored with stems stay firm longer than those without stems.
- * Refrigerate fresh strawberries in shallow containers as soon as you pick them, and wash berries in cold water *only* when you are ready to use them. Do *not* allow berries to soak.
- * Freeze whole strawberries on a cookie sheet until firm. Transfer to heavy plastic bags or 5-qt. plastic ice cream buckets. Serve slightly thawed.
- * Many people like frozen berries served icy, barely thawed for a great taste and texture.
- * Freeze your berries prepared the way you want to use them. Sliced, sugared, chopped, or in small easy-to-use packages.