



HOW TO FREEZE STRAWBERRIES

WITH A LITTLE PREPARATION, IT CAN **ALWAYS** BE STRAWBERRY SEASON!

1



SELECT strawberries that are dark red, ripe and firm. Discard immature, unripe and spoiled fruit.

2



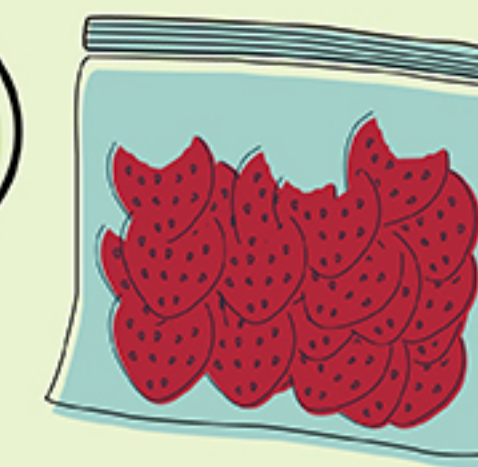
WASH thoroughly under cold running water. Do not soak.

3



REMOVE stems and caps. (You can also slice strawberries or crush them.)

4



PACKAGE berries for freezing:

WITHOUT SUGAR (Dry Pack)

- Place a single layer of whole berries on a tray.
- Place in freezer.
- When frozen, transfer berries to a container or freezer bag with ½ inch head space.



SUGAR PACK

- Place berries in mixing bowl.
- Add ¾ cup of sugar per quart of strawberries.
- Stir until berries are coated with sugar. Let stand 15 min. or until most of the sugar crystals are dissolved.
- Pack into containers or freezer bags, leaving appropriate headspace for different container sizes.



SYRUP PACK

- Place berries in container or freezer bag.
- Prepare a 50% sugar/water syrup. Pour over strawberries, leaving appropriate headspace.
- Place in freezer.

5



PUT THE DATE on your storage containers or freezer bags and eat frozen berries within 12 months for best quality and nutritional content.