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.

Source: National Center of Home Food Preservation http://nchfp.uga.edu/how/freeze/strawberry.html