

Chesterfield Berry Farm

Strawberry Tips

Take 'em home:

- *Always remember that strawberries are perishable, and need to be handled very gently.
- *Protect the berries from the sunlight, especially in your car.
- *Take the berries straight home and do not leave them in a hot car.

Storing the Berries:

- *Before storing and processing, sort your berries. Use the ripest berries first.
- *Place berries in shallow containers to prevent crushing.
- *Store immediately in refrigerator.
- *Do not rinse or remove stems until ready to serve or process.
- *When preparing (for whatever reason), place the berries in a strainer and rinse with cool water. Remove the caps after washing the berries.
- *For best flavor, allow strawberries to reach room temperature before serving.

Strawberries...A Healthy Treat:

- *One cup of fresh strawberries has only 55 calories. It contains 88mg of Vitamin C.
- *There is virtually no fat or sodium in strawberries. However, you will find natural fiber, natural sweetness, and farm fresh flavor in each berry.

How to Freeze Your Strawberries

- *All berries can be placed on flat trays in a single layer and out into the coldest part of the freezer. When frozen place in freezer bags, seal, label, and date. These berries can be used individually, if desired, for special deserts or on cereal.
- *To freeze for jams or other uses without sugar: Fill freezer containers with prepared sliced or washed and dried berries to within 1/2 inch of top. Combine 4 cups water with 1 tbsp of lemon or lime juice and pour over berries before freezing. Seal, label, and

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date. Allow 1 1/2 cup prepared fruit and 1/3 - 1/2 cup syrup per pint container.

* To freeze in dry pack, sweeten; toss together 3/4 cup sugar with 4 cups prepared berries; let stand until juice forms and sugar is almost dissolved. Pack in freezer containers leaving 1/2 inch head space. Seal, label, and date.

For more tips and recipes, visit www.calstrawberry.com.