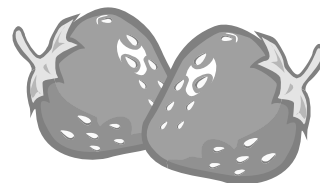


# Strawberries



**NUTRITION:**

Strawberries are high in vitamin C and low in calories. One cup equals more vitamin C than is necessary for one day and contains only 55 calories. Care is needed in handling these berries as vitamin C is easily destroyed by heat, light, air and water.

**HOW TO SELECT:**

Choose berries that have thoroughly ripened on the plant; they should be full, dry and glossy and still attached to bright green caps.

**STORAGE:**

Care for strawberries gently and handle as little as possible. Empty gently onto tray, remove decayed or damaged berries, cover loosely with waxed paper and refrigerate. Wash quickly and carefully and remove caps just before using.

**DRYING:**

Preparation:

- Sort and wash. Remove stems. Cut berries in half or in slices 1/4 inch thick.

Pretreatment:

- None.

Drying Procedure:

- Spread in layer, 1 to 2 berries deep. Dry skin side down.
- Drying time up to 4 hours at 140-160 degrees F.
- Dry until berries are pliable and leathery.
- Store in dry, air-tight container.

**FREEZING:**

Strawberries should be frozen soon after picking. Wash under cold running water, a small amount at a time. Drain. Freeze whole berries on a cookie sheet, and when solid, package into freezer bags or cartons (moisture-vapor proof). Or, the prepared raw berries can be spread in a shallow pan, sprinkled with sugar to taste. Package into moisture-vapor proof containers. Seal and freeze.

Sliced, Crushed, or Pureed Berries: Sort, wash, and drain. Slice, crush, or press berries through a sieve for puree. Add sugar to taste (optional). Stir gently until dissolved. Pack into containers, leaving headspace. Seal and freeze.

**CANNING:**

WATER BATH CAN

Berry Syrup: Mix 4 cups juice with 4 cups of sugar. Add 1/4 cup bottled lemon juice and 1/2 package, or less, of powdered pectin (lemon juice and pectin are optional). Heat to boiling and boil 2 minutes, skim off foam, and pour into pint or 1/2 pint canning jars leaving 1/2 inch headspace. Adjust lids and process in boiling water bath for 10 minutes.

**JAMS/JELLIES/  
PRESERVES:**

Recipes that are included in the pectin package must be followed carefully. They have been carefully developed to give the correct balance of ingredients that will result in the desired consistency. These products must be processed for 5 minutes in a boiling water bath to ensure safety.

<http://skagit.wsu.edu/FAM/MFP.htm>

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