

## FRESH STRAWBERRIES

### PICKING TIPS

- Wear comfortable, washable cloths that will protect your knees.
- Morning is the best time to pick strawberries. Picked berries lose freshness quickly in heat.
- Bring several large, flat containers, so berries won't smash. The best containers are not more than 5 inches high.
- Place freshly picked berries in the shade to maintain freshness.
- Do not wash berries until just before you use them.

### HOW MANY BERRIES DO I PICK?

- Two pounds of fresh berries will yield 1-quart of frozen sliced berries.
- Every quart of fresh berries equals about 1-cup juice for jelly.
- A quart of fresh berries equals about 2-cups of mashed berries for jam.
- Most jam and jelly recipes call for 3-4 quarts of fresh-picked berries.
- Most recipes yield about 6-8 cups of jam or jelly.

### STRAWBERRIES FROZEN IN PECTIN

Mix together:

3 cups white sugar

1 package powdered pectin

For sliced berries, sprinkle sugar/pectin mixture over berries. Mix to dissolve sugar. Package and freeze quickly. For whole berries, coat berries with the sugar/pectin mixture and put a single layer of berries on a cookie sheet and place in freezer. When berries are frozen, remove from cookie sheet and place in freezer bags or freezer containers.

Note: Pectin/sugar mixture is enough for 3-gallons of sliced berries.

When thawed, the berries that have been frozen in the pectin/sugar mixture will keep in refrigerator for several days without becoming mushy.

### STRAWBERRY-RHUBARB PRESERVE

4 cups sliced rhubarb (1/2 inch thick)

7 cups sugar

4 cups strawberries

Wash and cut rhubarb into 1/2 inch slices. Wash and hull 1-quart strawberries. Measure 4 cups of each into large kettle. Add sugar. Slowly bring to a boil, stirring occasionally until sugar dissolves. When sugar dissolves, start stirring frequently to prevent sticking. Cook rapidly until thick. Remove from heat. Skim off foam. Pour hot preserves into hot jars, leaving 1/4 inch headspace. Seal. Process 15 minutes in a boiling water bath.

Yield: About 10 one-half pints

### GLAZED STRAWBERRY PIE (fresh and frozen berries)

One baked pie shell from your favorite pastry recipe

3/4 cup sugar

3 tablespoons cornstarch or Clear-Jel

1/2 cup water or strawberry juice

1 package (10 oz.) or 1 pint frozen sliced strawberries, thawed

1 quart fresh strawberries, washed and hulled  
whipped cream, if desired

Combine sugar, cornstarch or Clear-Jel, and water or juice in a large saucepan. Stir until smooth. Add thawed strawberries.

Cook over low heat stirring constantly. Cook until mixture boils and becomes clear and thickens. Cool.

Put whole berries in baked pie shell.

Pour glaze over berries, cool. Top with whipped cream.

The glaze can be made in the microwave. Cook 3-5 minutes on high power, stirring occasionally until mixture boils and thickens.



### **STRAWBERRY-RHUBARB PIE**

Make pastry for two-crust 9" pie.

1 1/3 cup sugar

1/3 cup flour

3 cups rhubarb, cut into 1" cubes

3 cups fresh strawberries, sliced

1-1/2 tablespoons butter (optional)

1 tablespoon lemon juice

Heat oven to 425° F. Mix sugar and flour together and mix into rhubarb and berries. Pour into uncooked pastry shell. Dot with butter. Cover with top crust. Seal and flute the edge. Cut slats into top crust. Bake 15 minutes at 425° F, reduce heat to 375°F and continue baking 30-40 minutes or until crust is browned, juice begins to bubble, and rhubarb is tender. Serve slightly warm.

### **YOGURT FRUIT LEATHER**

8 ounces plain yogurt

6 cups strawberries

2 tablespoons sugar

Place all ingredients into a blender. Blend until smooth. Pour onto lined dryer trays. Dry 140° F for 8-10 hours or until leather is no longer tacky. Hint: Spray trays with a cooking spray so leather will loosen easily.

### **STRAWBERRY FROZEN YOGURT**

4 cups sliced strawberries

2 cups sugar

4 teaspoons lemon juice

1/2 teaspoon vanilla

3 eggs, separated

1/4 teaspoon salt

1/4 teaspoon cream of tartar

1/4 cup sugar

2 quarts unflavored yogurt

Combine fruit and sugar. Let sit five minutes to draw out juice. Bring fruit to a boil, remove from heat. Add lemon juice and vanilla. Lightly beat egg yolks; stir in about 1/2cup of the hot fruit mixture. Then stir the yolk mixture back into fruit. Cool to lukewarm. In a large bowl, beat egg whites, cream of tartar and salt until soft peaks form. Gradually add 1/4 cup sugar and beat until stiff.

Put yogurt into a large bowl. Mix until smooth. Fold in fruit mixture until well blended. Then fold in egg whites.

Transfer to a gallon size or larger ice cream maker. Freeze 4 parts ice to 1 part rock salt. Follow manufacturer's instructions for use of ice cream freezer.

June 1999, Nellie Oehler, OSU/Lane County Extension Faculty

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### **STRAWBERRY BREAD**

4 eggs

1 cup salad oil

2 cups sugar

Dash of salt

3 teaspoons cinnamon

1 teaspoon soda

3 1/2 cups flour

3 cups pureed strawberries or 2 10-ounce boxes frozen strawberries

1 cup chopped nuts (optional)

Mix everything together in order given. Pour into two well greased 9x5x3-inch pans. Bake at 350°F about 1 hour and 15 minutes, or until done.

### **PAT'S STRAWBERRY BAVARIAN**

4 cups strawberries

1 tablespoon lemon juice

3/4 cup sugar or 1/2 cup honey

2 envelopes unflavored gelatin

1/4 cup water

2 cups whipped cream or whipped topping

Puree berries; add lemon juice and sweetener. Soften gelatin in water and stir over hot water until dissolved. Fold gelatin into puree. Stir over ice to thicken. Fold in whipped cream. Spoon into dishes and chill. Makes 6 servings.

### **STRAWBERRY LEMONADE**

4 quarts strawberries, washed and hulled

4 cups lemon juice

3 quarts water

6 cups sugar

Puree strawberries in a blender, food processor, or food mill. For clearer lemonade, extract juice from strawberries with a juice extractor.

Place strawberries in an eight-quart or larger pot. Add lemon juice, water, and sugar. Place mixture over medium heat and heat to 165°F, stirring occasionally. Do not boil.

Remove from heat and skim off foam with a metal spoon.

Quickly ladle hot juice into clean, hot jars, leaving 1/2 inch headspace. Seal.

Process in boiling water bath 15 minutes.

Yield: 6 to 7 quarts.

### **STRAWBERRY COOLER**

Place 12-15 frozen berries in a blender with 1-cup milk and 1 teaspoon sugar. Blend about 30 seconds.