

# STRAWBERRY INFORMATION

## STRAWBERRY DIPPING IDEAS

Strawberries are fat free, cholesterol free and sodium free. Strawberries are high in Vitamin C, folate, and potassium. Rich in dietary fiber and manganese, strawberries are also an excellent source of antioxidants, including ellagic acid. A one cup serving size of strawberries has only 55 calories. Requiring little effort to prepare and naturally sweet, strawberries are an excellent choice for breakfast, lunch, snacks and dinner.

## AVAILABILITY

May is "Strawberry Month" on the East Coast. The season's length depends on the weather. Extremely wet weather conditions will shorten the season. Always check on availability.

## BERRY PICKING HINTS

Look for fruit that is plump, firm and very red when selecting strawberries. Berries should be fully red for the best flavor. Pick by pinching the stem of the berry between your fingers to break it from the plant. Leave the green caps on the strawberries and remove the caps after rinsing the berries when ready to use.

## STORAGE

Carefully place the berries in a shallow container to reduce bruising from piling them too high in a container. For optimum freshness, store berries in the refrigerator at 35-38 degrees. Do not wash the berries or remove the caps from the berries until you are ready to use them.

## FREEZING STRAWBERRY

Place a layer of rinsed, dried and capped berries on a cookie sheet and freeze until firm. Remove berries from cookie sheet and package in freezer bags. Date the package and place in freezer. Frozen berries will be good for 10 to 12 months in the freezer.

Berries may also be sliced and frozen in freezer bags for later use. Berries can be packaged with or without sugar. For sugared berries, mix sugar with berries using 1/3 to 1/2 cup sugar to each quart of berries. Allow the mixture to stand until the sugar dissolves (about 15 minutes). Pack

# STRAWBERRY CONVERSION CHART

- 1 cup = 4 oz.
- 1 cup sliced fresh berries = one 10 oz. package of frozen strawberries
- 1 pint basket of berries = 2 1/2 cups of whole berries
- 1 pint basket of berries = 2 1/2 cups sliced berries
- 1 pint basket of berries = 1 2/3 cups pureed berries
- 1 pint basket of berries = 12-14 large berries
- 1 pint basket of berries = 16-20 medium berries
- 1 quart of berries = 1 1/4 - 1 1/2 pounds
- 1 flat of berries = 8 quarts = about 12 pounds
- 1 1/2 - 2 quarts are needed for a 9" pie



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