



B U R E S B E R R Y P A T C H

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3760 W Brigham Road, Barneveld

608-924-1404

www.buresberrypatch.com

Strawberry Handling Tips

Handling & Preparing

Berries are very perishable and should be used or preserved as soon as possible.

Refrigerating: Remove from container and sort, removing any overripe or moldy berries. Place berries in a sealed plastic bag then place in the refrigerator. A temperature of 32° to 40°F is recommended. Handpicked berries can be held for two to three days depending on firmness and degree of ripeness.

Washing: Do not wash until you are ready to process or eat. Rinse the berries carefully with cool fresh water not the "produce washes" that are available. Do not allow them to soak or they will become waterlogged. Hull or remove the stem. Washed and hulled unused berries can be preserved in the refrigerator by adding sugar, orange or lemon juice or adding liqueur, such as Grand Marnier, Cointreau, etc.

Freezing Berries:

For long-term storage, freezing is recommended. Fruits retain more nutritional value and flavor by freezing than by any other type of preservation. Frozen berries should keep in the freezer in good condition for 8-12 months. There are many ways to freeze berries: no sugar, low sugar, and lots of sugar! Berries can be frozen whole, halved, sliced, chopped, mashed, or pureed.

NO Sugar:

Remove stem of berries and place on a cookie sheet to freeze whole. Once frozen transfer to a freezer bag and put in the freezer. This process makes it easy for pulling out just a few berries each morning for on top of cereal or yogurt.

LOW Sugar:

Remove stems from berries and slice in half or quarters depending on size. Place in a large bowl. Once they are all cut sprinkle a minimal amount of sugar over top (ratio of about 1 cup sugar : 10 cups berries). Stir sugar in until mixed well. Package and freeze flat in freezer.

LOTS of sugar!

Fantastic Frozen Berries

4 qts. (16 cups) Berries, sliced or mashed
3 cups sugar

1 pkg. Fruit pectin
1 cup water

Boil water and pectin for 1 minute and pour over berries. Mix together. Let stand 10 minutes. Freeze.