



LET'S PRESERVE

STRAWBERRIES

WP 111-99

These processing recommendations are for West Virginia conditions (maximum altitude, 4,000 feet). For canning directions in other locations, consult your county Extension office.

Recommended varieties

Allstar, Earliglow, Guardian, Redchief, Sparkle, Tribute, and Tristar are usually excellent-quality berries for freezing. Most other varieties are suitable, especially for making jams and eating fresh.

Quantity

A 24-quart crate weighs 36 pounds and yields 18 to 24 quarts. An average of 1 pound makes 1 pint of frozen berries.

Quality

Freeze strawberries or preserve them on the day they are harvested for best quality. They should be picked when they reach an ideal maturity for eating fresh. Select berries with fresh sweet flavor, deep uniform color, and firm texture. Smaller, misshapen, and seedy berries make good-quality jams.

Preparation

Remove caps. Wash 1 to 2 quarts at a time and drain. **Do not soak berries.**

Freezing procedure

Don't freeze more than 2 pounds of food per cubic foot of freezer capacity per day. *To make a syrup pack*, mix and dissolve 3 cups of sugar in 4 cups of water. Add 1 cup of this syrup per quart of prepared fruit. *To make a dry pack*, mix $\frac{2}{3}$ cup dry sugar per quart of prepared fruit. *To package*, fill pint or quart freezer bags to a level of 3 to 4 inches from top, squeeze out air, leave 1 inch of headspace, seal, label, and freeze. Before freezing, bags may be inserted into reusable rigid freezer containers for added protection against punctures and leakage.

Strawberry Jam

Wash and sterilize 4 half-pint or 2 pint jars. Prepare lids according to manufacturer's instructions. Slice or crush prepared berries. *To make jam with added pectin*, follow the instructions of the pectin manufacturer to ensure obtaining a desirable texture. *To make jam without added pectin*, mix 4 cups sugar with 4 cups of berries. Bring to a boil while stirring rapidly and constantly. Continue to boil until done. Use a jelly or candy thermometer to determine when to put jam into jars. Boil until the temperature of the mixture reaches 212 degrees F. Instead of using a thermometer, you may

Strawberry-rhubarb jelly

Process times

Nutrition information

use a refrigerator test to determine doneness. Place 2 tablespoons on a cold plate (from the freezer), and chill the plate in the freezer for 2 minutes. If the mixture gels, it is ready to be put into jars.

Makes 7 half-pints. Wash and cut 1½ pounds rhubarb into 1-inch pieces and blend or grind. Wash, stem, and crush 1½ quarts strawberries, one layer at a time, in a saucepan. Place both fruits in a jelly bag or double layer of cheesecloth and gently squeeze out juice. Put 3½ cups of juice into a large saucepan. Add ½ teaspoon butter and 6 cups sugar, thoroughly mixing into juice. Bring to a boil over high heat, stirring constantly. Immediately stir in 6 ounces of liquid pectin. Bring to a full rolling boil and boil hard for one minute. Quickly skim off any foam and immediately place in sterile jars, leaving ¼-inch headspace. Wipe sealing edge of jars with a clean, damp paper towel. Add lids, tighten screw bands, and process jars in boiling water.

Process half-pints or pints for 10 minutes in a boiling-water canner. After processing is completed, remove jars from canner with a jar lifter and place on a towel or rack. Do not retighten screw bands. Air-cool jars 12 to 24 hours. Remove screw bands and check lid seals. If the center of the lid is indented, wash, dry, label, and store jars in a clean, cool, dark place. If the lid is unsealed, remove lid, examine the jar and replace it if defective; use new lids, and reprocess as before. Wash screw bands and store separately. Fruits are best if eaten within one year and are safe as long as the lids remain vacuum-sealed.

Average content of a ½ cup serving (4 to 4.4 ounces) of strawberries

	Raw	Frozen		Canned
		Unsweetened	Sweetened	Heavy Syrup
Calories	23	26	100	117
Carbohydrates, g	5	6	26	29
Fats, g	0.2	0.08	0.1	0.3
Protein, g	0.4	0.3	0.6	0.7
Sodium, mg	1.0	1.5	1.5	5.0
Vitamin C*	50	50	50	65

*Expressed as percentage of the U.S. Recommended Daily Allowances (US RDA). Other vitamins are at insignificant levels.

Adapted from *Let's Preserve Strawberries*, Pennsylvania State University College of Agricultural Sciences, Cooperative Extension, and reviewed by Sheila Rye, Graduate Student, and Guendoline Brown, Ph.D., Nutrition and Health Specialist, 1999.

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