



## Cooking Corner: Strawberries

Strawberries are the first of many types of berries to ripen over the late spring and early summer. Their bright red color, shiny plumpness, and toothsome sweetness are a welcome treat at this point in the growing season!

Strawberries are usually ready in the Pittsburgh area around late May through mid-June. Find them at local farmers markets and pick-your-own operations. Depending on the weather, they should be around for at least another few weeks. There's nothing quite like an in-season strawberry – especially if it is still warm from the sun!

Be sure to plan your picking or market trip for a day that you have time to spend cooking or preserving, as strawberries don't keep well. They are best stored at room temperature, but this only works if you plan to use them the first day. If you can't use them the day you bought them, lay them on a kitchen towel on a plate in the refrigerator. Rinse them right before you use them.

Strawberries also make great additions to an edible garden. They grow low to the ground and quickly spread to create a patch. They can also grow easily in containers. Some varieties produce in the spring, while others (called "everbearing" or "day-length neutral") produce a small amount throughout the season.

These sweet red berries pair well with spring greens – especially spinach. Here are a few recipes that include strawberries as well as other seasonal produce. Enjoy!

### *Simple:*

Here are easy ways (so simple, they don't need an actual recipe!) to enjoy your fresh strawberries:

- With brie and baguette
- Dipped in crème fraiche or whipped cream and sprinkled with powdered sugar
- Sliced and added to pancake batter, with a bit of lemon zest

### *Recipes:*

- Salad with Honey Balsamic Dressing
- Salsa
- Grilled
- Shortcake (this recipe includes a gluten-free option)
- Pie
- Freezer Pops
- Quick Refrigerator Jam



Strawberries from Braddock Farms, sold through the farmer's cooperative Penn's Corner Farm Alliance.