



Strawberries: Storage and Recipes

An exciting time of year has rolled around again, when berries have started ripening and diversifying the greens-heavy spring. Strawberries are the first berries to ripen. Their aromatic, sweet flavor is a welcome treat, and they're good for you too, offering lots of Vitamin C, antioxidants, and fiber. Read on to find out the best way to store these delicate fruits, and a few ideas for preparing them, too!



Strawberries picked at Braddock Farms.

Storage

Strawberries hold their flavor best at room temperature, though they last longer if refrigerated. Refrigerate them if you don't plan to eat them the day they were picked. Fresh picked strawberries will last a couple of days in the refrigerator. In either case, rinse them gently right before serving – not before.

Preparation

Strawberries are great eaten raw. Just remove the caps and they're ready to eat. Try adding sliced strawberries to salad or yogurt, or serve them over shortcake, waffles, or ice cream.



Picking strawberries at Braddock Farms. This variety is called Jewel.

Preserving

Freezing

Frozen strawberries will have a slightly different flavor than fresh. When thawed, they also have a soft, somewhat mushy texture. However, frozen strawberries are great additions to smoothies. If you've got an abundance of berries, freezing is a great option. Follow the steps below to freeze your berries. Freezing them in a single layer on a cookie sheet ensures that the berries won't stick together in the freezer container.

1. Rinse and dry strawberries.
2. Remove hulls.
3. Place strawberries on a cookie sheet lined with wax paper.
4. Place cookie sheet in the freezer.
5. Remove when the strawberries have frozen thoroughly – about 2 hours.
6. Place frozen strawberries in an air-tight container and keep in the freezer up to 6 months.

Strawberry Jam

Strawberry jam retains strawberries' rich taste better than freezing. Choose either traditional or freezer jam. Freezer jam tastes more like fresh fruit, as it is not cooked, but requires more sugar and freezer space. Traditional strawberry jam requires cooking the strawberries and canning the jam but results in a shelf-stable product.

For recipes:

[Strawberry jam](#)

[Strawberry freezer jam](#)

To make jam with less sugar, try [Pomona](#), a type of pectin that jells consistently while allowing you to add sugar to taste.

Enjoy the fleeting strawberry harvest, and preserve some for the rest of the year!