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## STRAWBERRIES



Select strawberries with a full red color and a bright luster, firm flesh, and the cap stem still attached. The berries should be dry and clean. Medium and small sized berries may have better eating quality than large ones. Select fully ripe berries for freezing and for jams. Strawberries for preserves should be firm.

Wash berries in cold water a few at a time before removing cap stems.

### FREEZING STRAWBERRIES

Wash berries and remove cap stems. Slice berries into a large measuring cup or bowl. A quart of fresh berries will yield about 1 1/2 pints frozen berries.

Sprinkle sugar over berries - 3/4 cup sugar to each quart of sliced berries. Turn berries over and over until sugar is dissolved and some juice is formed.

Pack berries in containers, leaving 1/2-inch headspace in rigid containers. Seal. Freeze; then store at 0° F. or below.

Strawberries can be packed in sirup or unsweetened.

### STRAWBERRY JAM with liquid pectin

Yield: 4 pints

4 cups crushed strawberries (about 2 quarts fresh berries)  
7 cups sugar  
1/2 bottle liquid pectin

Crush berries and measure into a large kettle. Add the sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil. Boil hard for 1 minute, stirring constantly.

Remove from heat and stir in the pectin. Skim off foam. Stir gently at frequent intervals for 5 minutes. This will help prevent floating fruit.

Pour into hot glass containers to within 1/2-inch of top and seal.

### STRAWBERRY JAM with powdered pectin

Yield: 4 1/2 pints

5 1/2 cups crushed strawberries (about 3 quarts fresh berries)  
1 package powdered pectin  
8 cups sugar

Crush berries and measure into a large kettle. Add the pectin and stir well. Place on high heat, and, stirring constantly, bring quickly to a full boil.

Add the sugar, continue stirring, and heat again to a full rolling boil.

Boil hard for 1 minute, stirring constantly. Remove from heat; skim off foam.

Pour into hot glass containers to within 1/2-inch of top, and seal.

### STRAWBERRY JAM without added pectin

Yield: 2 pints

4 cups crushed strawberries (about 2 quarts fresh berries)  
4 cups sugar

Crush berries and measure into a large kettle. Add sugar and stir well. Boil rapidly, stirring constantly, until mixture thickens. A candy or deep-fat thermometer can be used to judge doneness. The jam is done when the temperature reaches 221° F., or 9° F. above the boiling point of water. (Remember that altitude affects boiling point.)

Remove from heat and skim off foam.

Pour into hot glass containers to within 1/2-inch of top, and seal.

#### STRAWBERRY JAM uncooked

Yield: 3 1/2 pints

3 cups crushed strawberries (about 1 1/2 quarts fresh berries)

5 cups sugar

1 package powdered pectin

1 cup water

Crush berries and measure into a large mixing bowl. Add sugar, mix well, and let stand for 20 minutes, stirring occasionally.

Dissolve pectin in water. Bring to a boil and boil for 1 minute. Add to the berry-sugar mixture and stir for 2 minutes.

Pour into freezer containers. Cover and let stand at room temperature for 24 hours or until the jam has set.

When jam has set, store in refrigerator or freezer. Storage time in the refrigerator is approximately a month; in the freezer, a year.

If jam is too firm, stir to soften. If it tends to separate, stir to blend. If too soft, bring to a boil; it will thicken on cooling.

#### STRAWBERRY PRESERVES

Yield: 2 pints

6 cups strawberries (about 2 quarts fresh berries)

4 1/2 cups sugar

Select firm, tart berries for preserves. Wash berries and remove cap stems.

Combine fruit and sugar in alternate layers and let stand for 8 to 10 hours in the refrigerator or other cool place.

Bring to a boil, stirring gently. Boil rapidly, stirring as needed to prevent sticking. Cook until the sirup is somewhat thick (about 15 or 20 minutes) or until temperature reaches 221° F., or 9° F. above the boiling point of water. Remove from heat; skim.

Pour into hot glass containers to within 1/2-inch of top and seal.

Information adapted from USDA Home & Garden Bulletins by Jo Anne Barton, Extension Specialist, Foods and Nutrition.

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