

Strawberry-Rhubarb Pie

½ cup sugar
¼ cup flour
¼ teaspoon nutmeg
¼ teaspoon salt
3 cups rhubarb, cut into ½-inch pieces
1 cup strawberries, sliced
1 9-inch double pastry crust

Combine sugar, flour, nutmeg and salt. Add fruit. Toss to coat. Let stand 20 minutes. Spoon into pastry-lined pie plate. Adjust top crust, flute edges and pierce top crust to vent. Bake at 400° F 40 to 45 minutes.

Strawberry Milk Shake

1½ cups frozen presweetened strawberries or 1 pint cleaned fresh strawberries and ¼ cup sugar
1½ cups cold milk
½ pint vanilla ice cream
Blend well.
Makes: 2 large glasses.
Variations: Add ¼ cup plain malted milk

Complete directions for freezing strawberries can be found in Home Economics Guidesheet, *Freezing Fruits*, GH1502.

Drying directions, including how to make fruit leathers, can be found in Home Economics Guidesheet, *How to Dry Foods at Home*, GH1563.

Directions for making sweet spreads can be found in Home Economics Guidesheets *From Juice to Jelly*, GH1462, *Specialty Sweet Spreads*, GH1463 and *Extra Special Sweet Spreads*, GH 1464.

References

American Heart Association Cookbook.
Farm Journal's Country Cookbook.
Don't Eat Your Heart Out Cookbook.

Contact:

Produced in cooperation between the Missouri Cooperative Extension Service and the Missouri Department of Agriculture.

Logo designed by Jeanne Bintzer

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■ Issued in furtherance of Cooperative Extension Work Acts of May 8 and June 30, 1914 in cooperation with the United States Department of Agriculture. John W. Oren, Director, Cooperative Extension Service, University of Missouri and Lincoln University, Columbia, Missouri 65211. ■ An equal opportunity institution.

MP 582

MAY 05 1988

Strawberries



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High quality strawberries are plump and well rounded with a natural shine and rich red color free from white, green or hard tips. When purchasing strawberries, check to be sure unripe berries are not buried beneath a ripe layer on top because strawberries do not ripen after being picked. Their caps (hulls) should be bright green and fresh looking. Strawberries without caps should not be purchased as they may be overripe and not good quality. Avoid boxes of strawberries that are stained, leaking or showing signs of mold.

Use strawberries as soon as possible after picking or purchasing to ensure the best flavor and appearance as well as the highest nutritional value. Fresh strawberries are an excellent source of vitamin C, with one cup supplying more than the daily requirement. These delectable delights are also low in calories—one cup of fresh berries contains only about 45 calories. Sugar and syrup used for freezing, and cream poured on top add many extra calories.

Strawberries are luscious simply eaten raw or in shortcake or fruit salad. Freezing is the best method of preserving strawberries for meals throughout the year. Canning causes strawberries to fade, float and become mushy. These berries can, however, be made into excellent sweet spreads. Strawberries dried in the form of a fruit leather make an excellent, flavorful snack or lunch bag treat.

Using and Preserving Strawberries

Fresh Facts

- Fresh strawberries are highly perishable and delicate. If not using immediately, remove berries from their containers right after picking or purchasing. Arrange in a single layer in a shallow container; loosely cover and refrigerate.
- Use fresh strawberries within one to two days for best quality.
- Wash strawberries **just before** you are ready to use. Washing removes their natural protective outer

layer, and if done before refrigerating, quality will deteriorate rapidly.

- Leave caps on during washing to prevent water from soaking into the strawberry, diluting the flavor and changing the texture.
- Wash berries gently in cold water.
- Let the sand and soil sink to the bottom, and then lift the strawberries out with your fingers. Several washes in clean water may be necessary.
- Let the berries air dry, or gently pat them dry with a paper towel.
- Remove caps by giving them a gentle twist, or use the point of a sharp paring knife.

Freezer Facts

- Sugar and syrup packs produce a better quality product than unsweetened packs.
- Strawberries can be frozen whole, sliced or crushed, depending on their intended use in meals.
- Strawberries can be stored in the freezer at 0° F for 8 to 12 months.
- Frozen strawberries can be substituted for fresh berries in recipes; however, the freezing process will make the texture much softer.
- Strawberries are best served with a few ice crystals still remaining. If thawed completely they will become mushy.

Dried Facts

- Sweeter varieties with a full red color and firm texture dry best.
- Slice strawberries for uniform drying. No pre-treatment is necessary.
- Dried strawberries can be powdered in a blender or food processor and used to flavor fruit beverages.
- The best way to dry strawberries is to make into a puree, put through a sieve to remove seeds and use to make delicious fruit leathers.



Recipes

Quick 'N Fresh Ideas

- Serve fresh strawberries with caps still attached for dipping into yogurt or powdered sugar.
- Start the day off right with fresh whole or sliced strawberries atop cereal, pancakes, waffles or French toast.
- Float whole fresh or frozen strawberries in lemonade or other fruit drinks.
- Slightly crush strawberries and alternate them with layers of vanilla ice cream in a parfait glass. Top with whipped cream and a big, perfect strawberry. Substitute vanilla pudding, yogurt or stirred custard for the ice cream.
- Make shortcut shortcake by topping angel food or pound cake with sliced strawberries and a cloud of whipped cream.

Strawberry Frozen Dessert

1½ cups presweetened frozen strawberries
3 tablespoons frozen lemonade concentrate
6 tablespoons sugar
1½ cups evaporated skim milk
1 egg white
1 9-inch meringue shell (optional)

Combine the strawberries with the lemonade concentrate. Pour the evaporated skim milk into a freezing tray and freeze until mushy around the edges. Put into a chilled bowl and beat to the consistency of whipped cream. Beat 1 egg white until frothy. Add the sugar slowly, beating well after each addition. Fold in the whipped milk and the strawberry mixture. Pour into 3 freezing trays and freeze partially. Place in a chilled bowl and beat again. Return to the freezer for 8 hours, or overnight. Beat again until the dessert is the consistency of ice cream. Freeze until set. Serve plain or in a meringue shell.

Makes: 9 servings

