

For additional information, contact your local Ohio State University Extension office for:

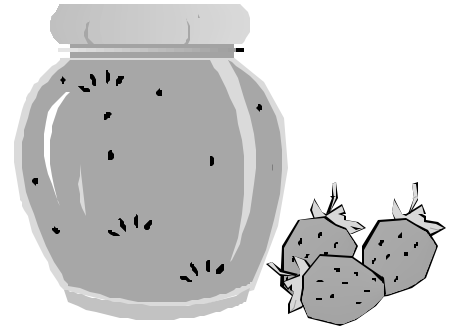
- ~ "Freezing Fruits" **HYG-5332-91**
- ~ "Jams, Jellies and Other Fruit Spreads" **HYG-5335-91**
- ~ "Selecting, Storing & Serving Ohio Strawberries" **HYG-5531-93**



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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Keith L. Smith, Director, Ohio State University Extension.

strawberries



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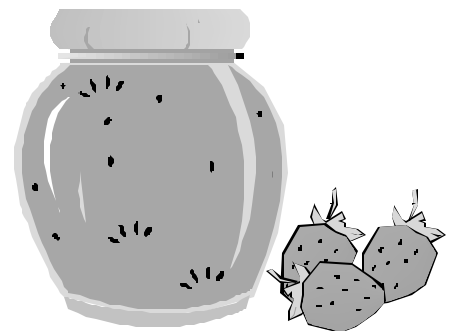
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strawberries



- ❖ More vitamin C than one orange !
- ❖ 20% of your Daily Value for folic acid (proven to reduce birth defects).
- ❖ No fat, no cholesterol, and are high in fiber !

Strawberry Freezer Jam

(using powdered pectin)

2 cups Crushed Strawberries
 4 cups Sugar
 1 pkg Powdered Pectin
 1 cup Water

Yield 5 or 6 half-pint jars

Sort and wash fully ripe berries. Remove caps and stems. Crush berries. Place prepared berries in a large mixing bowl. Add sugar, mix well, and let stand for 20 minutes, stirring occasionally.

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

Pour jam into freezer containers or canning jars, leaving 1/2-inch headspace. Cover containers and let stand at room temperature for 24 hours or until jam sets. Label and freeze. Store up to 4 weeks in the refrigerator after opening.

NUTRITION FACTS (Strawberries)

Serving Size: 8 medium berries (147 g)

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrates 12g 4%

Dietary Fiber 4g 16%

Sugars 8g

Protein 1g

Vitamin A 0% ♦ Vitamin C 160%

Calcium 2% ♦ Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Source: PMA's Labeling Facts

Freezing Suggestions

- ♦ Add a small amount of sugar prior to freezing.
- ♦ Thaw in refrigerator or microwave for short amounts of time until thaw.
- ♦ Freeze in small enough packages to be used in 1-2 day period of time.

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