



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Strawberry



In season:



Summer

Preserve it
to enjoy year
round!

Canning

The National Center for Home Food Preservation does not recommend canning plain strawberries. Strawberries are commonly canned making jellies or jams.

Strawberry Jam: nchfp.uga.edu/how/can_07/strawberry_jam_powder.html



Freezing

Process: Syrup Pack

- Select firm, ripe berries
- Wash, cut off top
- Put whole berries into freezer container and cover with water or cold 30% syrup
 - » For freezing, you may pack in 30% (1 $\frac{3}{4}$ cup sugar + 4 cups water) cold syrup or water
- Leave 1 $\frac{1}{2}$ inches headspace
- Seal and freeze

Drying

Process: Electric Dehydrator

- Select firm, ripe berries
- Wash, cut off top
- Cut berries into $\frac{1}{2}$ inch pieces
- Set dehydrator to 140 degrees F
- Arrange slices in a single layer on drying racks, dry cut – side up
- Dry 7-15 hours, depending on size
- Dry 24-36 hours for whole strawberries



Tips/Tricks:

Dried strawberries can be eaten as a snack or added to green salads or yogurt.

Berry Jam

Ingredients

- 9 cups crushed berries
- 6 cups sugar

Directions

1. Wash berries and crush or mash.
2. Combine berries and sugar in a large saucepan and slowly bring to a boil, stirring occasionally until sugar dissolves.
3. Once sugar is dissolved, cook rapidly until desired jelly texture is reached, stirring continuously.
4. Remove from heat and add mixture to hot and sterile jars, leaving $\frac{1}{4}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel.
5. Secure lids and process in water bath canner for 5 minutes (altitudes above 1,000 feet require increased processing time, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Yield: About 7 or 8 half pint jars

Sources: [National Center for Home Food Preservation](#)

Fruit Puree

Ingredients

- 12-18 pounds fruit (can be only strawberries, only raspberries, or a combination)
- Water (1 cup per quart)
- Sugar (optional)

Directions

1. Cut the stem, wash, and drain the fruit.
2. Place fruit in a large saucepan, slightly crushing if desired. Add 1 cup of hot water for each quart of fruit. Cook slowly until fruit is soft, stirring frequently.
3. Send fruit through a sieve or food mill.
4. Add sugar, if desired and reheat fruit to a boil, or until the sugar dissolves.
5. Fill hot jars with hot fruit, leaving $\frac{1}{4}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
6. Secure lids and process in a water bath canner for 15 minutes (altitudes above 1,000 feet require increased processing time, see [National Center for Home Food Preservation](#) for altitude adjustments).

Yield: Amount can vary based on the quantity of food you have. For guidance, this recipe makes 6 pint jars or 3 quart jars.

Sources: [National Center for Home Food Preservation](#)

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