

How to Freeze Strawberries

Strawberries can be frozen sliced or whole, with or without sugar and keep for one year in freezer.

Without sugar, freeze berries on trays in single layer. Once frozen, put in good quality freezer bags. This way they are easily separated for your favorite recipes.

With sugar, add approximately $\frac{1}{2}$ cups of sugar to 4 cups of berries. It is better to add less than more, sugar can always be added after they are thawed. Freeze in plastic freezer bags or containers.