

How to Freeze Fresh Strawberries

By Willow Sidhe, eHow Contributor

Extracted from:

http://www.ehow.com/how_5064306_freeze-fresh-strawberries.html



Freeze Fresh Strawberries

Strawberries are a false fruit, meaning that they are not formed by the ovary of the strawberry plant. Instead, they are formed by the bottom of the hypanthium, which holds the ovaries up. They were bred originally in Europe and have become a popular [food](#) worldwide. Strawberries will not remain fresh at room temperature or while refrigerated for very long, but they can be frozen, extending their life span by many months. [Does this Spark an idea?](#)

Things You'll Need

- Strawberries
- Produce wash
- Colander
- Paper towel
- Knife (Optional)
- Baking pan
- Ziploc bags

Instructions

1. Spray down the strawberries with a store-bought produce wash to remove any chemicals or harmful additives on the surface of the strawberries.
2. Move all of the strawberries into a colander and rinse under cool water. Rinse thoroughly, ensuring that all of the produce wash is removed.
3. Dry all of the strawberries with a paper towel. Strawberries are very delicate and can be easily damaged, so dry them gently.
4. Remove the green caps from the top of the strawberries. Use a knife or your fingers to gently tear them from the rest of the strawberry.
5. Form a single layer of strawberries on a baking pan and move them into the freezer. Allow them to sit uncovered for three to four hours, or until thoroughly frozen.
6. Remove the strawberries from the freezer and place them in large Ziploc bags. Leave a small gap in the seal of the bag and press all excess air out of bags, then finish sealing. This will prolong the life of the frozen strawberries.
7. Place them back into the freezer and keep them there until you're ready to use them. The strawberries will stay fresh for about one year.

Read more: [How to Freeze Fresh Strawberries | eHow.com](http://www.ehow.com/how_5064306_freeze-fresh-strawberries.html#ixzz1sLE5djZi)
http://www.ehow.com/how_5064306_freeze-fresh-strawberries.html#ixzz1sLE5djZi