

Got Plenty Of Strawberries? Freeze Them For Winter Treats

Select fresh, red-ripe, firm strawberries of a good freezing variety. Wash a few at a time gently in very cold water. Place in a colander to drain as you cap the berries carefully.

Slice, chop or puree berries quickly. (Or add sugar and then cut.) Add one pound of sugar to four (or five) pounds of strawberries by weight or about 3/4 cup sugar to a quart of prepared berries. Mix the fruit and sugar gently but well. Put into a good frozen food container.

Leave space at the top of container to allow for some expansion. Close container. Label — product, variety, date. Place in coldest part of refrigerator as you finish each container.

Put containers in freezer as soon as you finish. Leave space between each package for air circulation and do not place against frozen food. When frozen stack in frozen storage.

If you prefer whole berries, pack clean, cold, capped berries into a container and cover with cold sugar syrup (two cups sugar to three cups water). Put sugar and cool water in quart fruit jar. Cap jar. Invert jar at intervals to mix.) Leave space for expansion.

Select varieties of strawberries that freeze well. We suggest: mountain area: Tennessee Beauty, Earlibelle, Surecrop. entire state: Atlas, Apollo.

These are new varieties released in 1970. Atlas is a mid-season strawberry, firm with a glossy surface, medium red color, and a good subacid taste. Apollo is a late maturing strawberry. It is sweet, glossy, and flavorful.

A fresh, firm, ripe, vine-sweet strawberry — one that will keep its deep red color all the way through — is ideal to freeze. Strive for it, but know that any ripe strawberry is better frozen than no strawberry. It is not possible to get perfect berries in top-notch condition, you can still have an acceptable product if you handle them right.

Discard under-ripe, over-ripe, and bruised berries. Small berries too ripe (but not near spoilage) and culls that are a bit under-ripe make acceptable strawberry puree. Though tedious to pick and handle, wild strawberries are worth the trouble to freeze. They take less sugar than others. Frozen wild strawberries in the snowy days of winter are true gourmet fare.

Keep ripe berries cool on the trip from the vine to the freezer. Wash gently, a few at a time, in very cold water — preferably ice water. This helps keep the berries firm and cool. It prevents injury to the tender skin which holds the juice and flavor. This care makes for better quality.

Don't soak the berries in water or they will become water-logged. Work quickly, but leave no sand or grit.

Handle each berry with respect. It will reward you later with its beauty, flavor, and Vitamin C.

Strawberries to freeze in small amounts at a time and just as fast as you can work well.

Cap washed berries. You can buy a capper (huller) or use a small knife, sharp pointed spoon, or anything else what works well for you. Take the cap off without digging into the berry. This saves juice and flavor.

Slice or chop or puree berries. Add sugar to prepared strawberries. Or, add sugar to whole berries then slice, chop, or puree.

In either method, do the job quickly and gently as you can. Avoid bruising the berries. Mix the sugar and berries well to get a uniform product.

Tuck in a few whole berries well covered with the mixture if you want them to garnish with.

If you freeze containers of whole strawberries, use sugar syrup instead of dry sugar.

Whole strawberries are not as good a frozen product as sliced or chopped ones. You may like them better if you use strawberry juice rather than water to make the syrup. Anytime you use water with fruit you dilute the flavor.

Preparation time is critical with strawberries. If you let them stand around, their Vitamin C escapes. Though we enjoy their pretty color, nice aroma, and good flavor, we get a bonus in their vitamin content if we can hold on to it.

from the time they leave the vine until you swallow them helps determine their quality. At refrigerator temperatures (around 40 degrees Fahrenheit) quality changes in a short time and as much as 20 percent of Vitamin C may be lost each day.

As warm as plus 10 degrees Fahrenheit strawberries lose their Vitamin C and quality

fairly rapidly.

At 0 degrees Fahrenheit or colder, properly packaged strawberries keep their quality and Vitamin C for a year.

If storage temperature fluctuates below 0 degrees Fahrenheit, the loss is slight and takes place slowly.

If the storage temperature fluctuates above 0 degrees

Fahrenheit, the rate of color, flavor, and ascorbic acid loss in strawberries increases two to three times for each 5-degree rise above 0 degrees Fahrenheit. Lowering the temperature after a brief warm-up does not repair the damage.

Package your strawberries in any good vegetable or fruit frozen food container. Choose

one that is highly moisture-vapor resistant. The kind of package significantly affects the goodness of frozen strawberries. Plastic lined metal cans (the ones you've bought with canned foods in them) make good containers if you get polyethylene lids that fit. If lids seem a tiny bit small, let them stand in warm water for awhile then stretch

over cans. The tighter the fit, the better.

If, by misfortune, temperatures get warmer than 0 degrees Fahrenheit in the freezer, the better the container, the less damage the temperature rise (in reason) will do.

Freeze strawberries as soon as you get them prepared.

Thaw and eat frozen strawberries at their best. Time the thawing so that you can eat them as soon as they thaw. Eat on cereal, short-cakes, waffles, ice cream

(though this added cold reduces the strawberry flavor), as is, with cream, or any other way you think of. They are good any time of the day.

Save Time At Children's Party

Children's birthday party? Scoop ice cream ahead of time into paper muffin cups; place on a baking sheet in the

freezer. When the candles are on the cake, bring out the ice cream. It's ready to serve in quick time!

ingles 4th OF JULY SALE

*OPEN ALL DAY 4th

THIS AD GOOD THRU JULY 4th.

SPRING TIME FINE CHINA FEATURE THIS WEEK BREAD AND BUTTER DISH EA. 79¢ WITH EACH \$3 PURCHASE.

OPEN 8 AM - 10 PM DAILY!
ALL DAY 4th of JULY

LIBBY'S... 3oz... 59¢
POTTED MEAT 5 89¢
LAURA LYNN TAU... 3 1 00
CAN MILK 3 1 00
ARGO 303 CAN... 5 1 00
PEAS 5 1 00

THE BEST MEAT IN TOWN

MARKET STYLE BACON 99¢ lb.

WHOLE... 10/4 lbs. **RIB EYES \$2.78 lb.**

NO CHARGE FOR CUTTING AND WRAPPING.

FROZEN MEATS
CELLO WRAPPED
PERCH FILLETS... 1 39
MRS PAULS... LIGHT-N-BATTER FISH FILLETS... 1 59
BOSTON BONNIE... 8oz... 1 19
SHRIMP CRISPIES... 1 19

SWIFTS... 4 lb. CAN... 8 49
HOSTESS HAM \$8.49 EA.
SELECTO SUNRISE... 1 89
FRANKS 2 lb. PK. \$1.89
OSCAR MAYER... 1 79
BACON
OSCAR MAYER... 1 39
WEINERS MEAT OR FRANKS OR BEEF... 1 39
OSCAR MAYER... 1 39
"BIG ONE" BEEF FRANKS... 1 39
OSCAR MAYER... 1 39
CHEESE WEINERS
OSCAR MAYER 12oz... 1 19
MEAT OR BEEF
BOLOGNA
HOLLY FARMS... 1 lb. 99¢
CHICKEN BOLOGNA 99¢
CHICKEN FRANKS 89¢

PACK-O-8... 8oz. RIB EYE STEAKS \$12.99 PK.

FAMILY PACK CUT UP... FRYERS 49¢ lb.

WHOLE... 2 TO A BAG... **FRYERS lb. 53¢**
FRYER BREASTS lb. 1.09
WHOLE FRYER LEGS lb. 99¢

8 BOTTLE 16 oz. CARTON 16 BOTTLE
COKE \$1.39
PLUS DEPOSIT

SCOTT 300 CT. PAPER NAPKINS 99¢
VANITY FAIR BIG ROLL TOWELS 2 89¢

NABISCO SALE
OREO'S AND... 15oz. 95¢
OREO'S... DOUBLE STUFF EA. 85¢
NUTTER BUTTER 85¢
NILLA WAFERS 59¢
RITZ CRACKERS 89¢

ARMOUR 5oz. CANS VIENNA'S 3 1 00
32oz. LIQUID DETERGENT DAWN 99¢
FRENCH'S 24oz. JAR MUSTARD 59¢

CATSUP 69¢
DELMONTE... QT. JUG

OPEN ALL DAY 4th of JULY!

FLOUR 69¢
5 lb. WHITE LILY

PLAIN SELF RISE

WILLIAMS BURG... 12/4 lbs. **COUNTRY HAMS \$1.39 lb.**

12oz. PACKS SLICED \$2.19 PK.

GWALTNEYS... **SMOKED HAMS 79¢ lb.**

SHANK PORTION • BUTT PORT. CENTER SLICES 89¢ lb. 1.69 lb.

VANITY FAIR BATH ROOM TISSUE 4 ROLL PACK 69¢
BLUE RIBBON... 3 lb. BAG 79¢
RICE LONG LIMIT 2 79¢
BLUE BIRD... 100 CT. 79¢
PAPER PLATES 79¢
PRINGLES TWIN PACK "COUNTRY STYLE" 89¢
POTATO CHIPS 89¢
3oz. Box. ALL FLAVORS
JELLO 4 88¢
MDI... 8 CT. PACK...
HOT DOG or HAMBURGER BUNS 3 1 00

3 lb. CAN... **SNOWDRIFT \$1.19**

5 lb. DOMINO... **SUGAR 89¢**

MAX-HOUSE 1 lb. BAG... **COFFEE \$2.59**

SUNSHINE KRISPY CRACKERS 1 lb. Box 49¢
SOFT-N-PRETTY BATHROOM TISSUE 4 ROLL PK 79¢
CAMPBELLS 16oz. 1 09
PORK & BEANS 3 89¢
BUNKER HILL 10 1/2 oz. 2 99¢
HOT DOG CHILI 2 99¢
TETLEY 12 CT. FAM. SIZE TEA BAGS 79¢
REYNOLDS HEAVY DUTY 3 1/2 FT. ALUMINUM FOIL 69¢

MAYONNAISE 69¢
JFG... QT. JAR

FROZEN FOOD MORTON 2 lb. Box **FRIED CHICKEN \$1.99**

FLEISCHMANS... 16oz... 89¢
EGG BEATERS 89¢
BANQUET... 12oz... 69¢

MINUTE MAID... 6oz... 5 1 00
LEMONADE REG OR PINK 5 1 00
BOSTON BONNIE... 16oz... 69¢

TATER BOY SHOESTRING POTATOES 2 lb. 99¢
MORTON... 8oz... 4 1 00

STEAKHOUSE... 10oz. SIRLOIN OR RIB EYE \$1.49 EA.
PLATTERS

GARDEN FRESH PRODUCE WHITE PERLETTE GRAPES 79¢ lb.
CALIF. NECTARINES 69¢
RIPE BANANAS 4 1 00

CALIF. DRISCOLL STRAWBERRIES PINTS 2 1 00

25 lb. AVG. WT. **WATERMELONS \$1.29 EA.**
MELONS 2 for \$1.00

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Temperature of the berries