

The Simply Sensational Strawberry Cookbook

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Introduction

Strawberries are small. The strawberry business, however, is huge. In the United States alone, growing the fine red fruits is a *multi-BILLION* dollar industry.

Obviously, you are not alone in your enjoyment of strawberries! In fact, virtually everyone loves their distinctive flavor and aroma. Even the thought of the juicy burst that comes as one bites into a ripe one is enough to set the mouth to watering. Ever since the first known description of a strawberry plant was recorded in 1454, their fame has spread around the globe. Doubtless, they were enjoyed by the native peoples inhabiting the temperate regions of our globe even long before then.

Like most whole fruits, strawberries provide a bounty of nutrition for the hungry body. We have not yet fully realized the health benefits that come from consuming strawberries, but we do know quite a bit already. The beneficial health-supporting nutritional components are numerous...

STRAWBERRIES ARE HIGH IN VITAMIN C

Just one serving of strawberries give you **141%** of the Recommended Daily Allowance of Vitamin C. Everyone knows Vitamin C is important, but the specific benefits that can come from the Vitamin C in strawberries are extensive. A recent meta-study that was published in *Seminars in Preventative and Alternative Medicine* reviewed over 100 studies across ten years and came to some inspiring conclusions:

- Vitamin C is an indicator of overall health. Study researcher Mark Moyad, MD, MPH, of the University of Michigan, concluded, “Higher blood levels of vitamin C may be the ideal nutrition marker for overall health.” That is not an understatement as...
- Vitamin C protects you from cancer, stroke, deteriorating eye health, and cardiovascular disease. The study also showed that it helped *increase life spans* and *boosted immunity*. In fact...
- Vitamin C even helps the common cold. Eating strawberries while under the weather won’t cure you, but the Vitamin C you get from them is also thought to prevent more serious complications from developing. Additionally...
- Vitamin C has vast other health benefits. New evidence is emerging that Vitamin C also has a host of other potential benefits when ingested. In addition to providing *protection against immune system deficiencies*, it also may encourage health by *preventing prenatal problems* and even *protecting against skin wrinkles!*

STRAWBERRIES ARE RICH IN MINERALS AND VITAMINS

Trace minerals are involved in the myriads of enzymatic reactions that keep your body running day to day. If you run out of minerals, your body stops working correctly. Vitamins are hugely important too. Strawberries have them in droves:

- Strawberries are loaded with vital trace minerals. They have potassium, phosphorus, calcium, magnesium, sodium, iron, manganese, zinc, copper, and selenium. All of which are important to normal body function.
- Strawberries are packed with vitamins. In addition to Vitamin C, they have an abundance of thiamine, riboflavin, niacin, pantothenic acid, Vitamin B6, Folate, Vitamin B12, Vitamin A, and Vitamin E.

STRAWBERRIES HAVE OTHER NEEDED BIOLOGICALLY-ACTIVE COMPOUNDS

You probably have heard about vitamins and minerals your entire life. But, those classes of molecules aren’t the only beneficial ones you get from the strawberry fruits you eat. There are other important ones as well:

- Strawberries have 18 different amino acids. Amino acids are the building blocks your body uses to make proteins. Proteins are what make up the structure of your muscles, organs, and the rest of your body too!
- Strawberries are loaded with flavonoids. Flavonoids are biologically active components your body uses to facilitate its normal functioning. For context, beta-carotene is probably the most famous flavonoid.

- Strawberries contain fisetin. Fisetin is a specific polyphenol flavonoid that has recently made a stir in the medical community. It has been shown to have *anti-cancer activity* in laboratory studies, and has shown to *increase glutathione levels*, one of the body's most powerful antioxidants. Furthermore, fisetin may *promote healthy brain function* as we age and *prevent organ damage in diabetics*.

Those are **BIG** benefits from such a small berry!

The biggest reason that people like strawberries, though, is because of their one-of-a-kind taste. Not only do they taste heavenly, they also have a **strong** taste. They can help turn a bitter kale and spinach smoothie into a delightfully tasty one as well.

Although strawberries are a world-wide favorite, they don't have a peel like bananas or other tough outer skin like a pineapple or a hard shell like a coconut. Strawberries are, in fact, not even a true berry. The distinctive red color is actually just accessory tissue to which achenes (the small specks on the outside of the fruit we call "seeds") are affixed. The accessory tissue that composes the "strawberry" is soft, easily bruised, and generally isn't very tough or durable.

This means strawberries are damaged exceptionally easily and have a very short shelf life, even when refrigerated. Who hasn't opened a carton of strawberries to find mold invading every nook and cranny?

You can say "sayonara" to mushy, too-old, moldy strawberries forever. With this cookbook, you will have the tool you need to make sure you never waste your hard-earned money. You will never again lack for a way to use your strawberries before they turn to moldy mush. After all, you don't get any of the health benefits from strawberries if the ones you got go bad before they get eaten! This cookbook will help utilize your strawberries in simple, yet sensational, ways!

This is The Simply Sensational Strawberry Recipe Book!

At StrawberryPlants.org, we don't mess around with lesser fruits. Our expertise is focused on the strawberry, and we exist to spread the passion for the finest fruit as far and wide as is possible. We have eaten more than our fair share of strawberries and strawberry-containing dishes. And, we've collected over 100 of the best ones throughout the years into one place: The Simply Sensational Strawberry Recipe Book.

Unlike other cookbooks where you have to hunt through the index to find what you want, there are no surprises inside this mother of all strawberry collections. To be included in this recipe cookbook, every recipe had to meet three basic requirements...

1. The recipe had to be SIMPLE. There may be a few master chefs out there who know every possible kitchen term and enjoy making normal folks get blank expressions as they chat about their food masterpieces, but those egos can go elsewhere. These recipes are for normal folks. You'll be able to understand and follow all the simple instructions, one at a time, until you've finished. Barely anyone likes spending days upon days slaving away in a sweltering kitchen either. So, the recipes are all intended to be simple enough to complete in a reasonable amount of time...just like busy people require.
2. The recipe had to be SENSATIONAL. Few things are as depressing as spending a lot of time and creative effort making something grand, only to have the final product be awful. These recipes are guaranteed to be *good*! If they weren't satisfyingly and sensorially delicious, they weren't included. The best of the best and the tastiest of the tastiest are all you will find included.
3. The recipe had to be STRAWBERRY. Of course, the ingredients are tremendously varied when taken as a whole, but one common thread unites them all. Whether the recipe is served hot, warm, or cold or baked or frozen, every single one calls for strawberries in one form or another! What more could you ask for?!

These simple and sensational strawberry recipes are now right here in one place right at your fingertips! So, take advantage of all of these wonderful recipes as soon as you can. You'll be glad you did!

Strawberry Measures | Conversions | Substitutions | Equivalents

Just about everyone loves the sweet taste of ripe strawberries. But, sometimes recipes have been devised that require just the right amount of just the right form of strawberries. It can be confusion trying to juggle numbers and equations in one's head while juggling berries, measuring cups, and other kitchen implements with one's hands.

To simplify the process of cooking with strawberries, we are going to break it down for you. You can even print this post out and stick it with your favorite recipes that call for strawberries if you'd like. Here is what you need to know when measuring strawberries, doing strawberry conversions, or working out strawberry equivalents for your culinary creations:

1.5 lbs = 1 quart or 2 pints or 4 cups

1 quart = 4 servings

1 small basket = 1 pint

1 pint = 3.25 cups of whole strawberries

1 pint = between 1.5 and 2.25 cups of sliced strawberries

1 pint = between 1.25 and 1.67 cups of pureed strawberries

1 cup = approximately 4 oz of strawberries

1 cup whole strawberries = 0.5 cup pureed strawberries

1 pint = 12 large strawberries

1 pint = 24 medium strawberries

1 pint = 36 small strawberries

1 pint = 2.5 cups whole small strawberries

1.5 cups = 10 oz package of frozen strawberries

1.25 cups = 10 oz package of frozen strawberries in syrup

4 cups = 20 oz package of frozen whole strawberries

2.50 cups sliced = 20 oz package of frozen whole strawberries

2.25 cups pureed = 20 oz package of frozen whole strawberries

Virtually all berries are interchangeable in recipes, measure for measure. If you want raspberries or blueberries or blackberries in your raspberry, blueberry, or blackberry pie, just swap them. But, really, why would you want to do that when it could be a strawberry pie?! Additionally, this chart of approximate metric equivalents may help you:

Approximate metric equivalents

U.S. unit	Metric
1 teaspoon (tsp)	5 milliliters (ml)
1 tablespoon (tbsp)	15 milliliters (ml)
1 ounce (oz)	28 grams (g)
1 cup	250 milliliters (ml)
1 pint (pt)	500 milliliters (ml) or 0.5 liter (l)
1 quart (qt)	1 liter (l)
1 gallon (gal)	4 liters (l)
1 bushel (bu)	35 liters (l)
1 pound (lb)	454 grams (g) or 0.45 kilogram (kg)
1 inch (in)	2.5 centimeters (cm)
1 foot (ft)	0.3 meters (m)

Enjoy your strawberry culinary creations, and hopefully these strawberry measures, conversions, substitutions, and equivalents will help you convert strawberry measurements so that you get it *just right*.

How to Hull Strawberries

Most people would agree that strawberries are delicious. In fact, you can find strawberry recipes that are perfect for virtually any occasion in this tome. The beautiful and tempting red fruits have a long and storied history, but there are a few minor annoyances when it comes to getting the berries from the field into your tummy. First, one has to do some strawberry picking, and, then, the strawberry hulling must commence. Both can be tedious. The next few paragraphs, however, are going to deal primarily with getting those little green caps off the picked berries. Numerous methods will be mentioned, including one that you've probably never considered!



Before diving into the methods, a brief introduction seems warranted. What exactly are we talking about here? Well, as one might imagine, there are myriads of names for the small, vegetative green things that are affixed atop strawberries. This green "hull" on each strawberry is scientifically called a calyx, but they are more commonly called hulls, tops, caps, hats, or leaves. While they are totally edible, they are not very palatable. So, it is a good idea to hull strawberries prior to consumption, and virtually all the recipes in this cookbook call for hulled strawberries. The following are methods of de-capping your strawberries:

Hull Strawberries with a Straw

One of the "cleanest" ways to hull a strawberry is using a straw. Simply line the straw straight up at the tip of the strawberry and push it through the center of the berry until the cap "pops" off. You have to use a straw that has some strength as straws that are too flimsy will bend prior to accomplishing the job. Oftentimes, the tip of a strawberry may not be ripe or may be hard and sour. Using a straw to hull also removes the tip of the strawberry and can do away with less-than-desirable tips as well. However, some strawberry flesh is lost this way. But, if you line the calyx up correctly, less flesh at the top of the strawberry is lost compared to the methods mentioned subsequently. See the picture to the right and also at the top of the page for the means and results of this method.



To employ this easy method most effectively, you should consider getting some inexpensive stainless steel frozen drink straws. See the Purchasing Links page (p. 126 below) for a link to a brand that works exceptionally well and is strong enough to make the process quick and simple.

Hull Strawberries with Your Fingers

Strawberries can also be hulled with one's fingers. If you have long finger nails, they can be used to simply dig out or pinch out the hull. But, this is often messy, and can be unhealthy if the host of microbiological organisms hiding beneath your nails are transmitted onto the strawberry. And, if just the leaves of the calyx are removed using the fingertips, the coarse and knobby residual at the insertion point will likely produce an unpleasant tactile sensation on sensitive tongues.

Hull Strawberries with Your Teeth

Or, the hull can be bitten off and “spitooied” into the trash or elsewhere. I don’t recommend this method either. You might not mind employing this method for your own harvest, but each step is unnecessarily messy. And, surely, most people for whom you may prepare or serve strawberries will appreciate the use of a more civilized method.

Hull Strawberries with a Knife

Most people simply use a paring knife or a kitchen knife to do the tedious work of removing the unwanted strawberry greens. The green tops block sunlight from assisting in the ripening of the flesh immediately under them, so using a knife allows the extra flexibility of removing any unripe areas (or bad spots) on each berry. Be careful, though, as using sharp kitchen implements can cause significant injury. It is easier than you think to slice your finger near to the bone while cutting the tops off of strawberries.

Hull Strawberries with a Strawberry Huller

If you are willing to spend a small amount of money to get a specialized tool, the 21st century has seen gadgetry advance to a level ne’er before witnessed. The host of varied-yet-functional strawberry hullers available today would cause an 18th century farmer or cook to have catatonic response. But, being erudite yourself, you’ll appreciate the simplicity of using strawberry hullers. See the page 126 for where you can obtain one.



How to Hull Strawberries: Conclusion

Whether you pick your own strawberries or buy strawberries from a store, you are most likely going to need to hull them prior to using them. So, pick the method above that works best for you, hull a bright red berry, and get busy cooking with the world-famous strawberry today.

A Brief Note on the Recipes

Just like all prepared dishes, recipes are not set in concrete. They are easily modified and *should be* modified. As you pick and prepare recipes from The Simply Sensational Strawberry Cookbook, feel free to let your creative side blossom. Give yourself license to exchange ingredients on a whim and see where your creativity takes you! For varied tastes, try adding blueberries, blackberries, or other exotic fruit. Experiment and find what works well for you and your unique taste sensibilities! For those conscious about the amount of refined table sugar they consume, feel free to try organic evaporated cane juice crystals, turbindo, sucanat, honey crystals, brown sugar, or even stevia to give unique and varied accents to the strawberry recipes contained herein.

Super Smooth Strawberry Yogurt Smoothie

Whether you pick ‘em yourself, grow ‘em yourself, or snatch ‘em off the shelf, strawberries are one of the foodie man’s (or woman’s!) best friends. The color of the berry begs for consumption, and they definitely do a body good. When the massive crop of June-bearing fruit comes in as the weather starts getting warmer, the foodies rejoice! Strawberry plants produce a truly versatile delicacy in their striving for survival. Men, birds, and land rodents of all kinds have long savored and subsisted on nature’s bountiful production of strawberries. With decades of selection and specific improvements in cultivation methods, however, the availability of strawberries has never in history been greater than today.



So, why not take advantage of the abundance of spring strawberries and utilize some of your personal haul for making this sure-to-please, fantastic, super smooth strawberry yogurt smoothie recipe today! Trust me, you’ll like it.

This surprisingly satiating super smooth strawberry smoothie might just be the most satisfyingly superior swallower-soothing stuff you’ve ever slurped! Is that a seriously superlative statement? Surely. But, it’s a true story! This recipe is one that serves sumptuous strawberry sensations to scintillated taste buds with each supremely sweet sip.

Smoothies are dismissed as a fad by some, seen as a business by some chain stores, and coveted as a dessert drink by others. However one thinks of them, they are here to stay. And, virtually everyone loves them. As long as you have a blender of some sort, they are exceptionally easy and quick to make. This one takes only about 6 minutes to prepare. So, make some extra, double or triple the recipe, and have plenty to share with others! You might want to print out the recipe to hand them as well. They will surely ask for it!

Strawberry Yogurt Recipe: Smoothie Ingredients

- 1/2 cup of fresh or frozen strawberries
- 2/3 cup of plain yogurt
- 1 cup of vanilla ice cream
- 1/2 cup of milk
- 2 teaspoons of vanilla extract
- 5 whole strawberries for garnishment

Super Smooth Strawberry Yogurt Smoothie Directions

Place the yogurt, 1/2 cup of strawberries (washed and hulled), vanilla extract, and sugar into your blender or processor. Blend it until the mixture is smooth. Pour out the mixture into glasses, filling each one half-full. Thoroughly rinse out the blender/processor to prevent the color from the first blend from tingeing the second blend (purely aesthetic, but it does make for a very attractive final presentation).

Next, blend the vanilla ice cream with the milk until foamy. Slowly and gently pour the second blend on top of the first in the half-full glasses to finish filling them up. Stick a toothpick through the green calyx at the top of each whole strawberry and place the whole strawberries carefully on top of the two-tone smoothies with the toothpicks up to complete. Then serve up the attractive drink to the waiting hoards!

Strawnanaya: A Strawberry Banana Papaya Drink

Another recipe with sumptuous strawberries? Of course! Time is a precious commodity for just about everyone these days, and everyone wants tasty rewards for time spent in the kitchen. Fortunately, time-strapped strawberry aficionados everywhere can enjoy this gem of a recipe without breaking the time bank. Exotic and yet simple, anyone with an urge to consume something satisfying should look no further. This strawberry banana papaya drink will ace your taste test.

Adding the papaya to the sweetness of strawberries and texturizing properties of bananas makes for a fantastic combination. Strawnanaya, here we come! Just follow these super-simple steps:



Strawnanaya Ingredients

- 1 cup of frozen strawberries
- 1 cup of sliced papaya
- 1 banana
- Frozen water cubes (also known as “ice”)
- Sugar (if desired)

Strawnanaya Directions

Place the strawberries, banana, and papaya into a blender. Blend until smooth. Add ice until the thickness suits you, and add sugar or a sweetener of your liking. Transfer the contents of the blender into a glass. You may need a spatula to get every last bit out if you made yours extra thick. Enjoy!

Strawberry Ice Cream Smoothie

A delicious strawberry ice cream smoothie sure hits the spot during hot summer afternoons. This strawberry smoothie recipe can be modified by using different flavors of ice cream! This recipe serves four people.



Strawberry Ice Cream Smoothie Recipe: Ingredients

- 2 cups of fresh strawberries
- 2 cups of strawberry ice cream
- 2 cups of milk
- 1/2 cup of sugar
- 1 teaspoon of lemon juice

Strawberry Smoothie Directions:

Pour all the ingredients into the blender and blend on high until the consistency is evenly smooth. Pour the finished product into glasses and serve right away.

Recipe Notes

With this strawberry ice cream smoothie recipe, it is important to remember that several ingredients are already sweet. Strawberries are sweet, and ice cream is sweet. The additional sugar can be left out altogether or added to individual servings depending on taste preference. To bolster the strawberry flavor in this strawberry ice cream smoothie recipe, use actual strawberry ice cream. To minimize the power of the strawberry flavor, use vanilla or another flavor.

If more servings are needed, doubling the strawberry smoothie recipe will serve 8 people, and halving it will serve 2.

This strawberry ice cream smoothie is sure to be a hit!

Strawberry Juice Slushie

This strawberry juice slushie recipe is a breeze to make. And, it is wonderful to sip on a hot summer day. Just be careful not to drink it too fast, or you are sure to end up with a head freeze! It is also a great option if you have unexpected guests stop by for a visit. Just keep some frozen strawberries on hand, and you'll be able to offer a sweet treat to your friends and family any time you wish.

Be forewarned: this recipe is likely to become a fast favorite. The kids will love it because they don't have to wait very long before they have a cold cup in hand full of juicy goodness. You'll like it because it is done in minutes. And, of course, it will satisfy adult cravings too!



Strawberry Juice Slushie: Ingredients

1 cup of frozen strawberries
2 cups of water
5 teaspoons of sugar

Strawberry Juice Slushie Recipe Directions

Put the frozen strawberries into a high speed blender. Add the water and sugar. Blend until the mixture is smooth. To thin the drink, add more water until the consistency is to your liking. Additionally, if you'd prefer to eat it with a spoon, add less water. Serve immediately for best results. The longer the drink sits and warms, the runnier it becomes. It can also be stored into freezer until re-frozen if a strawberry ice type dessert is desired.

Epic Strawberry Raspberry Smoothie Recipe

Strawberries? Yum. Raspberries? Yum. Smoothies? Yum. Strawberry Raspberry Smoothie? Cessation of cognitive function during consumption, followed by painfully frozen synapses in the frontal lobe from the rapidity of ingestion. But, hey, what else would you expect from this magnificently delicious blend of fabulous fruit? As Yoda would say, “mmMmmm, a mind-blowing taste to die for, this is.”



Whether you are looking for a fitting springtime treat, summertime break from the heat, a falltime football drink that’s sweet, or a wintertime match for chilly feet, this can be your go-to choice for an epic strawberry raspberry smoothie recipe. So, here’s the whole shebang...

Easy and delicious is a great combo! Begin following instructions, time now:

Strawberry Raspberry Smoothie Ingredients

- 1 & 1/2 cups of fresh or frozen strawberries
- 1 & 1/2 cups of fresh or frozen raspberries
- 1/2 cup of milk
- 9 ounces of vanilla ice cream (3 scoops with a standard 3 oz scoop)
- 3 teaspoons of honey
- 9 ounces of yogurt (plain or vanilla)
- 1 teaspoon of vanilla extract
- 3 whole strawberries for garnishment

Epic Strawberry Raspberry Smoothie Recipe Directions

Put the strawberries (washed and hulled) and raspberries in a blender or food processor and chop them until they are your desired consistency. Blend longer for smoother texture and shorter for a more chunky smoothie experience. When the fruit is how you like it, add the vanilla extract, yogurt, ice cream, honey, and milk. Blend it all up for 20 to 30 seconds and then pour into serving glasses. Garnish each glass with a whole strawberry (recipe should make 3 servings).

Recipe Notes

This recipe has a great combination of flavors and is simple to make. It only takes minutes. For varied tastes, different flavors of yogurt can be substituted. For thicker smoothies, the milk can be frozen into cubes prior to blending. Adding a banana, blueberries, blackberries, or other fruit can be of benefit also (you might want to decrease the sugar added if you use a banana, however). Also, to make this recipe a meal-on-the-go, try adding some protein powder.

The Basic Strawberry Smoothie

There are all sorts of smoothies out there these days. Paleo ones, vegetarian ones, ones based on all the colors of different classes of produce. Just about any powder, paste, or poor ol' plant can find their way into a blender. There are entire diets based on nothing but smoothies. There are weight-gain smoothies for body builders and weight-loss smoothies for every diet fad under the sun. The simplicity of making smoothies has opened the door for marketers to manipulate the minds of the masses. And, reminding people they need things they never knew existed serves an important function in our economy and society. But, those other recipes can take a back seat for a few moments.



Because a few moments will be all the time you need to make this, the basic strawberry smoothie recipe. So, if you don't have time to sit back and enjoy, just grab your blender or smoothie maker of choice, a fist full of ingredients (as listed below), and chop everything to bits for an on-the-go gulper fit for a king... a very busy one.

Go ahead and get your blender out of the cabinet, and root around in your kitchen utility drawer for a stopwatch or a timer. This recipe is so quick and easy, you may want to time yourself and see if you can set a personal record for whipping up a recipe in the kitchen start-to-finish. Whether you set a record or not, you'll still be able to enjoy first prize: the finished smoothie!

Basic Strawberry Smoothie Ingredients

- 2 cups of strawberries
- 2 cups of ice cream
- 2 cups of milk
- 1/2 cup of sugar
- 1 teaspoon of lime juice

The Basic Strawberry Smoothie Recipe Directions

Wash and hull the strawberries, then place them, the milk, ice cream, and lime juice into a blender. Blend until the smoothie is of even consistency and taste. If it is perfect, you can withhold the sugar, or allow each individual to add extra sugar to their liking. Or, if you and your fellow partakers are sweet-teethed, you can add the sugar with the rest of the ingredients at the beginning prior to blending.

Serve as soon as it is blended.

This takes a tiny amount of time, yields 4 big servings, and is sure to please everyone.

Recipe Notes

This basic strawberry smoothie recipe makes a great snack, especially in the summer. If you want the smoothie thicker and colder, add ice to the blender as well.

Strawberry Choconana Smoothie

During the spring and summer months, strawberries are everywhere. If you spend any time in the grocery store or out and about, you'll likely see cartons upon cartons of fresh strawberries just waiting to be snarfed. Farmers markets are abounding with the sweet red treats, and pick-your-own operations are getting cranked into high gear as pickers-for-a-day come from miles around to claim Nature's goodness. You might even turn a corner in your downtown area to find a Strawberry Festival in full effect!



And, if you grow your own strawberry patch, you know just how productive the little strawberry plants can be. If the rabbits and squirrels and birds don't invade, you will have an abundance of berries to consume. Since strawberries have a short shelf life, it is important to use what you grow or take home from the store. Nothing is more frustrating than spending time or money obtaining fresh produce only to open the refrigerator door and encounter a thriving mold population ruining your haul. So, it is good to have quick and easy strawberry recipes on hand to prevent strawberry loss! This strawberry choconana smoothie recipe is perfect for turning your strawberries into a family favorite.

Blessings upon you for deciding to save time and effort and use your strawberries in a way that is sure to please! With this recipe, you are sure to save time and energy as well. It truly doesn't get any easier than this...

Strawberry Choconana Smoothie Ingredients

- 6-8 large strawberries
- 1 banana
- 2 tablespoons of chocolate syrup
- 1/2 cup of plain yogurt
- 1/2 cup of milk
- 1 tablespoon of sugar
- Ice

Strawberry Choconana Smoothie Recipe Directions

First, wash and hull the strawberries (if they are fresh). Then, cut the banana into chunks. Put the milk, yogurt, chocolate syrup, banana chunks, sugar, and strawberries into a blender and blend on high until it is smooth.

Pour into a glass and enjoy it right away!

Recipe Notes

This strawberry choconana smoothie can be made thicker or thinner as desired. To make it thicker, use both frozen strawberries and a frozen banana (be sure to wash and remove the stems of the strawberries first if you freeze your own). Using frozen fruit makes the smoothie colder and thicker. And, using frozen fruit also allows you to skip using ice if you prefer, so the final result is thicker still. Just be sure to have a spoon on hand in case you can't suck it through a straw!

Strawberry Milkshake

This strawberry milkshake recipe is possibly the quickest, most simple recipe you will ever follow. And, the best part is that it is naturally sweet and lower in calories than most other strawberry milkshakes. Most importantly, however, is the fact that it is truly a delightful experience to drink this. It is the perfect snack or healthy dessert for growing kids, particularly during the hot summer months. So, pick some fresh strawberries off of your strawberry plants, skip that fake red syrup, and whip up this tasty treat.



This is a wonderfully simple strawberry milkshake recipe that is quick, easy, and a tasty delight. Your friends, neighbors, and countrymen will all love it. Serve it during hot summer days or cool fall evenings.

Strawberry Milkshake Recipe: Ingredients

1 cup of fresh or frozen strawberries
2 cups of milk

Strawberry Milkshake Directions

Remove the green hulls from the strawberries (if you are using fresh instead of frozen berries). Put the strawberries and the milk in a blender and blend until smooth. Adding ice cubes will thicken the shake. That is it! The whole process should take under two minutes. Talk about instant strawberry milkshake gratification!

Recipe Notes

If you want to put a bit more time into the process so that the final product is even thicker and colder and tastier for those hot summer days, use an ice cube tray and freeze the milk into cubes. Additional sugar can also be added, but is likely unnecessary as it is quite sweet and satisfying as is! This recipe is so simple that it can also be used to teach young children how to follow a recipe. Give it a try! The results of successfully following the directions may instill a love of all things culinary into your tyke!

Strawberry Tea Recipe

Strawberry tea has a long history of use as both a medicinal drink and as a tasty relaxation help. This strawberry tea recipe is fairly simple, but there are a few things worthy of mention before you go and make your own fresh strawberry tea.



First, a few noteworthy nutritional facts. Strawberry leaves have a long history of use as an herbal remedy for diarrhea, especially in children. Additionally, methyl salicylate, the active pain inhibitor in aspirin is contained in strawberry leaves in trace amounts. Perhaps most noteworthy is the fact that strawberry leaves contain up to 75 times the amount of the anti-angiogenic compound ellagic acid as do the fruits. On the low end, strawberries contain around 430 parts per million (ppm) of ellagic acid and can contain as much as 8,430 ppm. The leaves of the strawberry plant, however, will contain between 8,080 ppm and 32,300 ppm. So, just as it may be possible to prevent cancer by eating strawberries (due to the anti-angiogenic properties), it may also be even more beneficial to drink strawberry tea made from freshly picked leaves.

Second, a cautionary tale. It is widely noted that strawberry leaves need to be used either immediately after picking or after the leaves have completely dried due to a “toxin” that is formed when the leaf loses its life support and begins to wither. This mild toxin can irritate the stomach and cause general discomfort. While verified by multiple anecdotes, the true cause of the gastric disturbances is not scientifically verifiable at present. It is more likely that the environmental microorganisms and fungi that participate in the decomposition process are to blame for any problems, not the leaves themselves. However, with that said, it is still best to wait until the leaves are completely dry and crumble easily before using (if they aren’t going to be used fresh).

This is a wonderful strawberry tea. While strawberry tea is best made from just-picked young strawberry leaves, there are strawberry teas that can be purchased if time is of the essence. Be careful about chemicals when picking leaves for tea. There are over 50 commonly used pesticides and fertilizers that have the potential to cause significant health problems if ingested. If care is not exercised when locating your strawberry leaves, the “toxin” mentioned above might be the least of your worries. Also, be sure to select only flawless, young leaves. A host of strawberry diseases can affect your strawberry plants. Make sure your strawberry tea leaves are pristinely healthy and have no spots.

Strawberry Tea Recipe: Ingredients

1 handful of fresh or well-dried strawberry leaflets
1 tablespoon of cream
Honey or stevia

Strawberry Tea Directions

Place the handful of strawberry leaflets into a teapot. Pour boiling water over the leaves and allow to steep for at least 5 minutes. Add the cream and stir. Add honey or stevia to taste. If fresh or dried stevia leaves are available, add them to the handful of strawberry leaflets prior to pouring in the boiling water.

Recipe Notes

This type of strawberry “tea” is actually not a tea at all. In order for a beverage to technically be called a tea, it has to be made with components (usually leaves) of the tea plant. This strawberry drink is more aptly called a strawberry herbal infusion or tisane.

Sweet Strawberry Slush

Summer breezes may make you feel fine while they stir up the jasmine in your mind, but few things capture the true essence of the sweltering summer sun like sweet and freshly-picked strawberries. If you have taken the plunge and planted your own patch, you can probably testify to the fact that those little plants are highly productive! So, what's a green thumb to do with all the bounty? Try making this sweet strawberry slush recipe, for starters! It is simple, cold, and makes fantastic use of those fine red fruits!



Slushies are one of the easiest things to make in a kitchen. In fact, just about anyone who has ever owned a blender has probably blended a few of them. Ice plus fruit plus whatever else equals a happy crew of contented consumers!

Sweet Strawberry Slushie Ingredients

- 1 and 1/2 cups of strawberries
- 2 cups of ice
- 1 cup of water
- 1 tablespoon of maple syrup
- 1 tablespoon of sugar

Sweet Strawberry Slushie Recipe Directions

Wash and hull the strawberries. Then, place the strawberries, water, and ice in the blender and blend until the mixture is only slightly chunky. At that point, add the sugar and maple syrup, then blend until the mixture is smooth.

Simply done! This recipe makes 2 delicious servings (or one big one if you are particularly parched)!

Recipe Notes

This sweet strawberry slushie recipe makes a great great summer drink. It is cold to mitigate the summer scorch, but it is quick enough to facilitate all the business that longer days bring.

Strawberry Passion Slurpie

Are you struggling to find something to fire up your feelings for food? Well, you can finally finish fretting. This fabulous mouth filler is far from feckless! In fact, this strawberry passion slurpie recipe will finagle fiery passion from your taste receptacles forthrightly. Its lusciousness might just foment fanciful visions of far-away beaches full of fine sand. So, fill your chalice with this super-simple fantasy find only if you are ready to forgo the false whiffs of imaginary fetid ocean fish in favor of fulfilling fantastic flavor longings. Find your finesse, free your blender, and fix this slurp-a-licious recipe pronto.



This combination of fruit combines fun with fiber. So, the little skinny straws may be too small to allow for adequate slurp power. You may need a larger-diameter straw, or you may just want to slurp it straight out of the glass. Either way, you'll likely find yourself slurping away for many days. This recipe is a fantastic one! Plus, it is soooo easy.

Strawberry Passion Slurpie Ingredients

2 cups of fresh strawberries
2 cups of fresh pineapple
1 and 1/2 cups of grapes
1/2 cup of sugar
Water (if needed)

Strawberry Passion Slurpie Recipe Directions

Wash and hull the strawberries. Peel and core the pineapple. Cube the remaining pineapple fruit. Place the strawberries, pineapple, and grapes in a blender and blend for 15 seconds. Add the sugar and blend until the mixture is an even consistency. If the resultant mixture is too thick for your liking, add water to thin it.

Pour into glasses and enjoy! This recipe makes 2 fantabulous servings!

Frothy Strawberry Orange Drink

Let's be honest. You don't have enough time. When it comes to recipes, you want to get in, get the job done, get out, and enjoy what you made. When it comes to time, this recipe is a big-time saver. If you want deliciousness in a cup, you want to make this frothy strawberry orange drink. In fact, it is so delicious, you might even be tempted to replace your daily coffee with this treat. If it weren't for the caffeine craving, that is...



Get ready! Get set! GOOOO! By the time you are done with this super fast recipe, you will have lapped the competition. All the king's horses and all the king's men won't even think to challenge you again. Begin now your reign as Kitchen Ruler with this simple-yet-regal recipe!

Frothy Strawberry Orange Drink Ingredients

1 cup of frozen strawberries
2 cups of orange juice
1 and 1/2 cups of apricot nectar
Additional sugar

Frothy Strawberry Orange Drink Recipe Directions

Easy peasy: dump the strawberries, apricot nectar, and orange juice into a blender and blend everything together for about twenty seconds, or until the mixture is smooth and very frothy. Add additional sugar until you achieve the desired level of sweetness. Serve right away!

This recipe makes 6 servings.

Recipe Notes

This frothy strawberry orange drink is so quick and easy that it is a great option for afternoon summer enjoyment on the porch. Or, serve it up to sweaty kids as they take a break from destroying the imaginary bad guys that are invading the yard. It can even double as a sweet breakfast treat or dessert

Strawberry Banana Drink Recipe

Some things just go well together. Husbands and wives. Bread and butter. Sneetches and stars. And, of course, strawberries and bananas! In fact, the strawberry banana combo has long been a delectable mixture of bursting flavor due to its unique and fruity aromatic taste. So, what better way to enjoy summer temperatures than by sipping a cool glass filled with this wonderful strawberry banana drink recipe?!

Strawberry banana drinks are sure to be a hit with the whole family and any friends who happen by whilst thou and thine are dost be consuming such drink. So, make some extra, double or triple the recipe, and have plenty to share with others! Your friends will be eternally grateful.



Strawberry Banana Drink Recipe: Ingredients

1/4 cup of frozen strawberries (fresh can be substituted)
1/2 of a frozen banana
1/2 of a cored pear
1 and 1/4 (1.25) cups of water
1 tablespoon of powdered skim milk
1/8 teaspoon of cinnamon

Banana Strawberry Drink Recipe Directions

If you are using fresh strawberries, wash the strawberries and remove the stems and green caps. Next, simply add all the ingredients into your blender and then blend them together until well-mixed and smooth. To make the banana strawberry drink thicker, add ice. However, if you just want the drink to be colder and not thicker, allow it to sit for a few minutes to allow the added ice to melt prior to consuming.

Recipe Notes

This strawberry banana drink recipe has a great flavor. Plus, it is super simple to make. It only takes minutes from start to finish, which makes it an ideal choice for impatient kids. Straight strawberry juice can be used for exceptional strawberry flavor. To both thicken and cool the banana strawberry drink to make it more like a smoothie, try freezing the juices in ice cube trays prior to blending/mixing them.

Strawberry Apple Banana Juice

This is a recipe that is ideal for busy moms: virtually no time, and virtually no preparation required. But, the kids and everyone else will still love it. Simply put, this strawberry apple banana juice recipe is about as simple a recipe as you can find anywhere.

Easy and delicious is a great combo! Just follow these super-simple steps:



Strawberry Apple Banana Juice Ingredients

1 cup of frozen strawberries
1 banana
1 cup of apple juice

Easy-Peasy Strawberry Apple Banana Juice: Directions

Dump everything into a blender. Blend until smooth. Add sugar or a sweetener of your liking. Pour into a glass. Gulp it down. The end. See, that was pretty simple, eh?!

Recipe Notes

For the experienced preparer, this whole process can take less than a minute. Fast, fresh, fabulous!

Strawberry and Fruit Surprise

Who likes surprises?! Well, most people in the Internet Age will look askance at the one who asks such a question. People are wary these days, and rightly so. Who hasn't seen the videos of 250 lbs of manly-man squealing like a baby pig when a head or a hand unexpectedly shoots up out of a cleverly disguised prop? And, most people have seen the big hairy spiders dropped on a line directly beside poor ol' grandma's face as she placidly watches the Golden Girls reruns on the television. I won't even mention "SMACK CAM!" We all love those serendipitous arrivals of unexpected gifts and surprise packages in the mail. But, no one likes being rudely disturbed by a black-robed and hooded friend that jumps out of your dark hallway after sneaking a copy of your house key, just to see if you'd prove to be incontinent or not. Well, this recipe is a good (and healthy!) surprise. Just read on to see what makes this strawberry and fruit surprise recipe special!



Fear not, this is a surprisingly good recipe. And, no hairy spider legs or hissing cockroaches are called for in order to complete it. Of course, if you have a particularly excitable friend coming over...

Strawberry and Fruit Surprise Ingredients

- 2 cups of fresh strawberries
- 2 apples
- 2 stalks of celery
- 1 pear
- 1 banana
- 1 cup of ice
- 1/4 cup of sugar

* a juicer is needed for best results with this recipe (see the Purchasing Links on page 126 after the recipes if you do not have one and wish to obtain one).

Strawberry and Fruit Surprise Recipe Directions

First, juice the apples, pear, and celery. Celery, by the way, is the secret ingredient that makes this recipe a surprise! It adds a counterbalance to the sweet fruit and really melds the total flavor profile into a unique experience that will cause your eyebrows to rise in surprise! After juicing, add the juice, banana, ice, and strawberries into a blender and blend for a minute or two or until smooth. If you prefer super sweet beverages, add the sugar as well.

If you don't have access to a juicer, the recipe still works. Just blend everything together from the get-go. However, better results are obtained by juicing the specified components. Serve in glasses immediately. This recipe makes 4 fantastic servings!

Recipe Notes

This strawberry and fruit surprise recipe makes a great drink for kids. It has no preservatives, and the freshness factor far surpasses anything you can buy in the grocery or specialty store. Plus, it is healthy! Make it for breakfast, lunch, dinner, or all three. It also goes great during the hot summer months as a popsicle. Just get some popsicle molds, fill them up, freeze them, and give them to the kiddos

Strawberry Water Infusion

Strawberries, strawberries, strawberries everywhere! Everyone gets excited about springtime strawberry recipes, and rightly so. They are delicious! If you've perused the recipes in *The Simply Sensational Strawberry Cookbook* long enough, you can probably identify one of the first commonsense steps in virtually everyone of them: wash and hull the strawberries. As you do so, you will wash the dirt and debris off of the freshly picked or purchased strawberries. Then, since few people like to nibble the greenery of the calyx atop the berry, you probably deftly remove those undesirable parts and toss them away.



So, to what use can you put those excess and normally unused strawberry tops? Well, you can compost them or feed them to your pet hamster, of course. But, you can also make a delightful strawberry water infusion. Adding cucumbers to a cup of cold water is a favorite way to add a bit of freshness to otherwise bland water. Strawberry hulls can be used for the same purpose!

While worms love strawberry tops, why feed them to the squiggly creatures when you have already gone to the trouble of washing them?!

Strawberry Water Infusion Ingredients

All of the tops and strawberry remnants that you have already cleaned and separated from your fresh berries
2 fresh mint leaves

Strawberry Water Infusion Recipe Directions

Take all your clean strawberry tops and place them in a large jar.

Quarter the mint leaves and place them in the jar with the strawberry hulls.

Pour water into the jar until full and screw on the lid. Allow it to sit for 2 hours.

After two hours you will have a gently fruity water infusion to drink alone or serve with dinner. You should fill the jar about half way with strawberry tops before filling to the top with water. For a denser strawberry taste, you can add more strawberry tops, but doing so decreases the volume of water proportionately.

Recipe Notes

This strawberry water infusion recipe is a great way to minimize waste and make the most out of every single strawberry. Using the discarded strawberry hulls and tops to give your water a bit of extra strawberry zing is awesome! Try it the next time you make anything with your strawberries

Strawberry Daiquiri Recipe

Not all strawberry daiquiri recipes are created equal. There are many different versions of strawberry daiquiris to choose from and sample. To get the most flavor out of any of them, however, use fruits just-picked from the strawberry plants. This easy strawberry daiquiri recipe is a winner. Enjoy!



Strawberry Daiquiri Recipe: Ingredients

5 fresh strawberries
1 cup of ice
1 oz lime juice
1/2 teaspoon powdered sugar
2 oz white rum
1/2 oz triple sec

Strawberry Daiquiri Directions:

Pour all the ingredients (except one whole strawberry) into the blender. Blend on high for 30 seconds. Strain or pour into a martini glass or cocktail glass. Serve with one or two straws. Beginning at the tip, slice a strawberry 2/3 of the way to the tip and decorate the rim of the glass with the strawberry.

Recipe Notes

This strawberry daiquiri recipe makes two servings. Any time alcohol is consumed, remember to drink responsibly. If you don't want to mix your own, you can buy ready-made strawberry daiquiri mix (see Purchasing Links on page 126 after the recipes).

All strawberry daiquiris are made with white rum. However, there is tremendous variation with different strawberry daiquiri recipes. The original strawberry daiquiris recipes all called for triple sec. Triple sec is an orange-flavored liqueur (a variety of Curaçao) and means "triple dry."

If more servings are needed, doubling the strawberry daiquiri recipe will serve 4 people, and halving it will serve 1.

Enjoy responsibly!

Christmas Party Strawberry Punch Recipe

Everyone loves a good Christmas party. The Secret Santa exchange or White Elephant gifts, the familiar music that brings back childhood memories of hearth and home, and the occasional scuffle between co-workers that will be remembered fondly and chuckled about for years. What could be better!? Well, all of the above with this great Christmas Party Strawberry Punch Recipe thrown into the mix, for starters.



There are numerous holiday punch recipes around to try, but give this one a whirl first. It is a great recipe, simple to create and serve, and nearly universally enjoyed. And, its aroma and visual aesthetic add appeal to any party during the Thanksgiving or Christmas holiday season. So, if you are looking for a great addition to your event, be sure to incorporate this Christmas punch recipe into your plans.

An up-front warning: this party punch does contain alcohol. It is no fun to end up inebriated, staggering about, and unfit to operate an automobile. So, exercise prudence in the consumption of it, and remember that Grandma got run over by a reindeer. Don't be like her.

Why this Christmas Party Strawberry Punch Recipe?

Once you prepare and consume this recipe, you will know and understand why many people incorporate it into their holiday traditions. It is a fantastic recipe! When it is swirling around in the punch bowl and all your family or guests are lining up for another cup, try not worry about whether there will be any left for you to have another! Plus, it only takes about twenty minutes or so to prepare, so that will leave you plenty of time to shop for gifts or watch football or do other things to get you in the holiday spirit! It does need to freeze after preparing, however, so be sure to allow at least eight hours of freezer time following. Here's how:

Christmas Punch Recipe: Ingredients for Punch

- 6 ounces of strawberry gelatin mix
- 2 1/2 cups of sugar
- 6 cups of water
- 1 can of pineapple juice (46 fl oz.)
- 1 quart of orange juice
- 2/3 cup of lemon juice
- 1 bottle of Sprite or other lemon-lime carbonated drink (2 liters)
- 8 cups of strawberry wine
- 1 teaspoon of vanilla extract

Christmas Party Strawberry Punch Recipe Directions

First, pour the water, sugar, and gelatin into a large saucepan. Then, bring the mixture to a boil and boil for 3 minutes. Next, stir in the orange juice, lemon juice, pineapple juice, and vanilla extract. Freeze the resulting mixture. For best results and ease of handling, line the inside of a pitcher with 1-gallon freezer bags, pour the mixture into the supported bags inside the pitcher, seal them, and then place the sealed bags in a 9×13 pan for freezing.

When it is party time, place the contents of one of the two freezer bags in the punch bowl or serving dish, pour in 1 liter of the lemon-lime beverage (half of it) and then pour in 4 cups of the strawberry wine. Stir it until it is slushy. Repeat with the remaining portion when needed.

Recipe Notes

By way of reminder, if children are going to be at your party, be sure to replace the strawberry wine with plain strawberry juice, or you can simply double the amount of lemon-lime carbonated beverage you add. And, for the true connoisseur, frozen strawberry puree can be added to thicken the final product, and whole strawberries can be used sparingly as a garnish. Be creative, and enjoy responsibly!

Triple Sec Strawberry Margarita

There's no need to waste away again in Margaritaville. Sugar and salt are well and good, but this Triple sec strawberry margarita recipe will trump lesser margarita recipes. So, find a friend or make a new friend out of a former stranger by whipping this quick recipe up and offering it to the first bystander who happens by.



As with any alcohol-containing beverage, margaritas have the potential to cloud judgment, erase inhibitions, and basically get you in all sorts of deep water. So, before you begin sipping, use your mental faculties to facilitate a fun experience for yourself and everyone else. Always drink responsibly. And, if you will be using self-operated motorized vehicles for transport, ensure you've procured a kind soul to serve as the designated driver.

Triple Sec Strawberry Margarita Ingredients

- 2 cups of strawberries
- 2 whole strawberries
- 2 ounces of lime juice
- 2 ounces of tequila
- 1 ounce of Triple sec
- 1 cup of ice

Triple Sec Strawberry Margarita Recipe Directions

Wash all of the strawberries. Then hull all of them except for two (these will be used as garnishment). Pour all of the ingredients (except the two whole strawberries) into a blender and blend on high for 30 seconds. When smoothly blended, pour into a couple of margarita glasses. Slice the two remaining whole strawberries from the tip about halfway to the green hull, then slide the strawberry over the lip of each margarita glass. Serve while cold.

This recipe makes 2 servings.

Ginger Ale Strawberry Blonde

What is the most underrated fizzy beverage? Is it soda water? Please; who likes that stuff...it is low-rated for good reason. Coca-Cola? Come on, that's a billion-dollar business. Now that your curiosity is piqued, I'll share the secret with you. The most underrated fizzy beverage is the one virtually everyone likes but isn't available at McDonald's, Pizza Hut, Burger King, Taco Bell, or any of the other mega-establishment cohabitants in the Food Empire. The answer is, of course, ginger ale! So, say "voila" and get your bottle ready. This recipe will deliver the premiere blonde drink: ginger ale strawberry blonde! Always drink responsibly.



Ginger Ale Strawberry Blonde Ingredients

- 2 whole strawberries
- 2 ounces of strawberry liqueur
- Ginger ale (to fill your selected glasses)
- Crushed or cubed ice
- 2 teaspoons of sugar (optional)

Triple Sec Strawberry Margarita Recipe Directions

Wash the strawberries.

Select two glasses; cocktail glasses are normally selected, but you can use any. Chill them in the refrigerator for best effect. Place ice cubes or crushed ice into the glasses. Pour the strawberry liqueur over the ice, and add ginger ale until the glasses are full. If desired, sprinkle sugar around the rim of the glasses either before or after adding the other ingredients. Slice a washed strawberry halfway through, starting at the tip end. Slide the strawberry over the edge of the glass for garnishment.

This recipe makes 2 servings.

Christmas Strawberry Punch

What goes better together than decking the halls with jingle bells? Lots of things, my friend, lots of things. Who wants to walk through a narrow corridor of tinkling terror just waiting to topple? Not me. Unless, that is, there is a large bowl of Christmas Strawberry Punch at the end of that hallway. In that case, sign me up. I'll risk it. This Christmas strawberry punch recipe is perfect for any holiday festivity held in December. Whether you are having a happy Hanukkah, a merry Christmas, a cheerful Kwanzaa, or are looking forward to putting up the Festivus pole, this strawberry punch will enliven even the most spruced up holiday decor. So, enjoy your holiday a little more this year; give the gift of this strawberry punch!



Although this recipe goes well with celebrations in warm homes during cold nights, don't limit it to just December celebrations. It goes well with virtually any happy celebration. So, after the holiday season comes and goes, file this recipe in the back of your mind and remember ye old punchbowl in the spring, summer, and fall as well!

Christmas Strawberry Punch Ingredients

1 cup of crushed fresh or frozen strawberries
2 cups of strawberry wine
2 cups of orange juice
1 quart of seltzer
1 cup of sugar
1/2 cup of lemon juice
1/2 cup of water

Christmas Strawberry Punch Directions

First, mix the sugar with the water and boil the mixture until you have a syrup. Allow the syrup to cool, then combine it with the crushed strawberries, orange and lemon juices, and strawberry wine. Chill the mixture for 30 minutes or until cool. When you are ready to serve it, pour the mixture into a punch bowl and slowly add the seltzer. Then, ladle into serving glasses and enjoy!

This Christmas strawberry punch recipe makes 12 servings.

Recipe Notes

This recipe is not kid-friendly without modification. If you don't want your children (or your friends' children) losing what little inhibition and self-control they have during the holidays, and if you don't want the police taking your drunk kids away from you while you end up in court (or worse), you need to substitute something else for the strawberry wine. Strawberry juice works just fine for the little ones. Strawberry-flavored water or soda can be substituted as well.

Snappy Pineapple Strawberry Punch

If you want to see elderly grandmothers stand up and dance like it is 1949, mix up a bowl of this fabulous punch, and take it on down to the local bingo hall. Walkers will be tossed aside; dentures will be dismissed; and you'll hear so much "BINGO!" shouted that you might forget you aren't in the Serengeti amongst a pack of rabid hyenas. Okay, you might not get that confused, and walkers and false bicuspid may not end up lining the walls while octogenarians romp about reliving the glory days. But, if you make this snappy pineapple strawberry punch recipe for family and friends, you might as well have them say "bingo" before you ladle their cup full. Because, after one sip, they'll surely feel like they just hit the jackpot!



With this recipe, you don't need to get more bingo boards to enhance your chances of winning. Everyone is a winner, at least until the punch bowl runs dry! As always, make sure you partake responsibly and substitute age-appropriate ingredients if youngsters will be sipping as well.

Snappy Pineapple Strawberry Punch Ingredients

20 ounces of sliced frozen strawberries in syrup
1/2 cup of sugar
1 bottle of rosé wine
1 can of frozen lemonade concentrate (6 ounces)
1 cup of pineapple juice
28 ounces of club soda or ginger ale
Ice

Snappy Pineapple Strawberry Punch Recipe Directions

Combine the strawberries, sugar, and two cups of rosé wine in a large punch bowl. Allow the mixture to stand for one hour. Just prior to serving, add the pineapple juice and frozen lemonade concentrate. Stir it until the lemonade concentrate is thawed. Finally, add the remaining rosé wine, soda/ginger ale, and ice.

Serve it up! This recipe makes approximately 24 delicious servings!

Recipe Notes

This snappy pineapple strawberry punch recipe makes a great punch for any occasion. It goes great with summer pool parties or fall football festivities. To make it kid-friendly, simply replace the rosé wine with strawberry or lime juice.

Orange Liqueur Strawberry Margarita

Hear, hear! You no longer have to hop on a plane and fly to the Caribbean to experience a great margarita. This orange liqueur strawberry margarita recipe will take you there just by closing your eyes and taking a sip. It is a fantastic blend of flavors that is sure to convince your taste buds that they are reclining lazily by the crystal clear blue seas of your dreams as you swing gently in a soft hammock with the breeze. So, whether you are looking for a sure winner that your friends will rave about, or a perfect complement to a sophisticated pool party in your backyard, give this delightful concoction a try. You will surely not be disappointed.



Making this cocktail is child's play! But, drinking isn't. As with any alcohol-containing beverage, keep this one away from inappropriate consumers. Kids and cocktails don't mix. And, always consume such beverages responsibly for your health and the health of others.

Orange Liqueur Strawberry Margarita Ingredients

- 1 cup of strawberries
- 2 whole strawberries (or a slice of lime and orange)
- 2 ounces of lime juice
- 2 ounces of tequila
- 1 tablespoon of orange liqueur
- 1 teaspoon of sugar
- 1 cup of ice

Orange Liqueur Strawberry Margarita Recipe Directions

Once you have collected the requisite ingredients, simply pour them all into a blender, and blend on high speed for thirty seconds. After evenly blended, pour the ingredients into a margarita glass and garnish with either the two whole strawberries (washed, of course), or the lime and orange slices. Sprinkle sugar around the rim of the glass, feel free to add a few ice cubes, and then serve while it is still cold.

Strawberry Schnapps Margarita

Welcome to Schnap-land. Why not get your vacation off to a great start with this strawberry schnapps margarita recipe? Whether you are looking for the perfect accent to cool and refresh, or a fantastic finale following flying down the slopes on your skiing trip, this drink goes down smoothly. It's easy, too!

This recipe is not to be used and served to those too young to safely or legally consume such beverages. Always consume alcoholic beverages responsibly!



Strawberry Schnapps Margarita Ingredients

- 1 cups of strawberries
- 1 ounce of strawberry schnapps
- 2 ounces of lime juice
- 2 ounces of tequila
- 1 ounce of Triple sec
- 1 cup of ice

Strawberry Schnapps Margarita Recipe Directions

Wash the strawberries. Then hull all of them except for two (these will be used as garnishment). Pour all of the ingredients (except the two whole strawberries) into a blender and blend on high for 30 seconds. When smoothly blended, pour into a couple of margarita glasses. Slice the two remaining whole strawberries from the tip about halfway to the green hull, then slide the strawberry over the lip of each margarita glass. Serve while cold.

This recipe makes 2 delicious servings!

The Strawberry Drink

When winter fades into spring and life seems to burst forth from its long winter slumber, friends and neighbors emerge from the hearths and cabins and houses and are ready to test the relational vigor remembered from the previous year's awakening. During those festive days, the serotonin surges. People are ready to socialize and enjoy the warming days. Even as the gardens across neighborhoods start to sprout and flower, there is still the allure of that harbinger of good things to come: the strawberry. The only problem is that most people are as busy as the bees themselves during the springtime. Cleaning, socializing, planning for the rest of the year all have to happen in a small window of time, or so it seems. So, don't forgo your garden party this year, just file this strawberry drink recipe away as a time-saving amendment to the fun!



It doesn't get any easier than this recipe, truly. Two ingredients and something with which you can stir. That, a few glasses, and you are "good to go," as the saying proclaims. So, enjoy this simplistic strawberry drink this year! And, hooray for the strawberry drink!

Strawberry Drink Ingredients

Fresh strawberries
Beer
Strawberry syrup

The Strawberry Drink Recipe Directions

In a 16-ounce glass, pour or squeeze 1 ounce of strawberry syrup. Then, fill the glass the rest of the way up with your favorite domestic or foreign beer and stir it up well. If you'd rather use a large pitcher, just add 1 ounce of the strawberry syrup for each 15 ounces of beer, and then stir well before serving. Garnish each glass with a strawberry.

Recipe Notes

As with any alcohol-containing beverage, be sure to drink responsibly.

Strawberry Banana Peach Daiquiri

If you are considering quitting your job and turning to piracy on the high seas, you best avoid this strawberry banana peach daiquiri. Rumor has it that this beverage is what inspired Captain Jack Sparrow to take up a life of adventure. Rumor also has it that Ragnar Danneskjöld partook of this fruity drink during his own ideologically driven escapades. So, be cautious. Should you be of feeble resolve, consuming this drink on a whim might land you in the Caribbean with an eye patch and a bunch of new friends, all called “Matey.”



Alcohol alert! As with any alcoholic beverage, this one carries some risks. Operating vehicles of any sort, even pirate ships, after consuming can be extremely detrimental to your health and the health of your shipmates. So, keep it out of the hands of the little pirates-to-be, and exercise caution when consuming. Always respect the rum!

Strawberry Banana Peach Daiquiri Ingredients

- 6 fresh or frozen whole strawberries
- 1 ripe banana, sliced
- 6 fresh or frozen peach wedges
- 2 cups of ice
- 2 ounces of dark rum
- 1 ounce of lime juice
- 2 tablespoons of Cointreau triple sec

Strawberry Banana Peach Daiquiri Recipe Directions

Like most cocktails, this one is pretty simple. Just pour all the ingredients into a blender; then, blend on high for 30 seconds. Strain the resultant mixture into your preferred cocktail glass, then garnish it with a whole strawberry (slice halfway through the strawberry, starting at the tip end, so that the whole berry can be placed on the lip of the glass). Plop a straw in the glass, and serve up the drink.

This recipe makes 2 servings.

Recipe Notes

This strawberry banana peach daiquiri recipe is fantastic. And, don't be deceived: though peaches and strawberries are both temperate, there is enough banana to make this drink distinctly tropical!

Easy Strawberry Martini Recipe

Not all strawberry martini recipes are the same. There are many different versions of strawberry martinis to choose from and sample, with some being more complex to mix and some being quite simple. To get the most-satisfying flavor out of any of them, however, it is important to not choose one so complex that frustration in preparation causes a negative predisposition prior to consumption. That is why this easy strawberry martini recipe is a winner! It doesn't get any easier than this.

This one is a truly easy strawberry martini recipe to make. However, like all alcoholic drinks, it is very important for your safety and the safety of others to ensure that responsibility is exercised when consuming this or other alcoholic beverages. Ensure there is a designated driver, if needed, and always be responsible!



Strawberry Martini Recipe: Ingredients

- 2 whole, fresh strawberries
- 1 teaspoon of strawberry syrup
- 2 oz of gin
- 1 teaspoon of dry vermouth
- 1 cocktail glass

Easy Strawberry Martini Recipe Directions:

Chill the cocktail glass prior to preparing the martini. Once the cocktail glass is chilled, stir all the ingredients together and then strain them into the chilled glass. Beginning at the tip, slice a strawberry 2/3 of the way to the tip and decorate the rim of the glass with the strawberry. Put the second strawberry in the glass whole as decoration.

This strawberry martini recipe makes a single serving. To make more easy strawberry martinis, just double, triple, quadruple, etc., the recipe.

Enjoy responsibly!

Strawberry Wine Recipe

Back in the 1990s, there was a popular country music song about strawberry wine. In those days, the internet was young and the flow of information had yet to reach Vesuvius-like levels. As more and more people connect and search for what they want to know about, more and more folks have taken an interest in fermenting their own brews. One such drink, strawberry wine, happens to fall within the purview of *The Simply Sensational Strawberry Cookbook*.

So, without making much more ado about nothing, for any of the adventurous types looking to brew up a batch of homemade strawberry wine, this strawberry wine recipe is for you.

Unlike most food recipes, this strawberry wine recipe (and most other strawberry wine recipes, for that matter) takes quite a while to finally be completed. If patience and perseverance are completely lacking from your character makeup, it might be best to find a different way of obtaining your wine. On the other hand, if you are up to the challenge, don't mind waiting, and can spring for some basic brewing equipment, making strawberry wine can be a enjoyable process. You can get what you need buy selecting the Basic homebrewing equipment link from the Purchasing Links page after the recipes conclude below.



To reiterate, the strawberry wine making process is a relatively slow process. It will take a minimum of three months before a good end product is acquired. So, get all your supplies ready and then get busy!

Strawberry Wine Recipe: Ingredients

3 pounds strawberries (see Appendix C: [SPECIAL REPORT #3: Best Strawberry Varieties for Making Wine](#))
1 gallon of water
2.5 pounds of sugar
2 teaspoons of lemon juice or citric acid
1 teaspoon of wine yeast

Strawberry Wine Directions

Thoroughly mash the strawberries manually. Put the mashed strawberries, sugar, lemon juice/citric acid in the crock pot. Bring 5 pints of water to a boil. Pour the boiling water into the crock so that all the other ingredients are covered. Stir to dissolve as much of the mixture as possible. Monitor the temperature of the solution and add the wine yeast when it cools to 85 degrees Fahrenheit. Cover the crock and stir the components every day for one full week. On day seven, strain the mixture and move the remainder to a secondary fermentation container. Fill that container up to one gallon with water. Fit the fermentation trap and allow the yeast to do their fermenting work. Rack the wine after 30 days and again after 21-28 more days (see below if you are unsure what racking is). When fermentation is complete and the wine is clear, bottle it. Allow a minimum of three additional months to pass for aging (a full year is generally accepted as best).

Recipe Notes

It is important to ensure that the strawberries you choose for use in this or any strawberry wine recipe are fresh and unblemished prior to mashing. Make sure that there is no mold or rot on the berries. Consult Appendix D: [SPECIAL REPORT #4: Strawberry Buying Guide](#) for additional information. Also, pure granulated sugar is easiest for the yeast to process during fermentation. However, other sugars can be used if you are feeling daring (but it isn't recommended).

If you have no idea about the process, these demonstration videos by a commercial winery may be of assistance in familiarizing you with the general processes involved:

[How to Make Wine, Part 1...](#)

[How to Make Wine, Part 2...](#)

[How to Make Wine, Part 3...](#)

[How to Make Wine, Part 4...](#)

[How to Make Wine, Part 5...](#)

Enjoy responsibly!

Alternative Strawberry Wine Recipe

Many an aspiring vintner longs for a hillside covered with prestigious grape varieties and secret fermenting techniques and formulas that yield vintages known around the world as superior to lesser products. But, the combination of soil, climate, sun, and advanced equipment is beyond most normal folks' ability to procure or maintain. But, that doesn't kill the dream. And, it shouldn't! In fact, it is fairly easy to make your own wine, especially if you give strawberries a try. The bounty of the humble strawberry plant can be prolific, and its sweet aroma makes for an easily-available, easy-to-grow, and satisfying wine. The most popular strawberry wine recipe in *The Simply Sensational Strawberry Cookbook* is just prior to his one for your wining and dining, but this page hosts an alternative strawberry wine recipe that is just as simple and straightforward. Try them both, and see which works best for you.



As always, remember that this beverage must be consumed responsibly. Never drink and drive! And, if you find you have a passion for wine making, or just need a little practical help as you enjoy the process of creating classic fine fermented concoctions, be sure to check out the [Winemaker's Inner Circle](#) for all the help and resources you can handle.

Alternative Strawberry Wine: Ingredients

- 4 pounds of strawberries
- 1 gallon of water
- 2 pounds of sugar
- 1 tablespoon of acid blend
- 1 tablespoon of yeast nutrient
- 1/2 tablespoon of peptic enzyme
- 1/2 teaspoon of grape tannin
- 1 pack of wine or champagne yeast
- Campden tablets

Alternative Strawberry Wine Recipe: Directions

Wash and hull the strawberries. Fill a straining bag with strawberries, and tie the bag off. Once tied, crush/mash the strawberries until they are pulpy. Place the straining bag into a clean and sterile bucket, then add all the ingredients except the yeast and campden tablet. Before adding the yeast, you will need to sterilize the must by crushing up and adding the campden tablet to the mixture. The initial amount of sulfur dioxide will be approximately 67 parts per million (ppm), but will diminish rapidly and is insignificant by the time the wine will be consumed. After adding the campden tablet, stir well and cover. Allow the must to sit for a full day (24 hours). Then, add the wine yeast. Stir every day for one week. After a week, siphon into a clean container or jug and place a rubber stopper or other seal to create an airlock. Siphon every two weeks thereafter, adding 1 crushed campden tablet each time you rack. Bottle when the wine is clear.

After bottling, it is recommended that you wait a full 3 months prior to consuming for best results.

Enjoy responsibly!

Strawberry Lime Wine

Making your own wine is appealing to many individuals. However, most people who are interested never take the plunge and get started fermenting their own choice selections. And, that is just unfortunate. The wine making process is relatively simple and straightforward. With the resources available today, however, there are fewer and fewer excuses standing between you and your own fantastic strawberry wines. This recipe is no exception. It only takes a little bit of patience to end up with bottles and bottles of your own creation. If you aren't sure what to do or how to do it, you have landed in the right place. The how-to here and the references provided below will get you going quite quickly.



So, you've decided to consider making your own wines? Fantastic! The recipe and instructions below will get you started.

Strawberry Lime Wine Ingredients

- 9 pounds of strawberries
- 2 limes
- 8 pounds of sugar
- 5 teaspoons of lemon juice
- 5 bags of tea
- 5 gallons of distilled water
- 5 tablespoons of wine yeast
- 5 teaspoons of yeast nutrient

Strawberry Lime Wine Recipe Directions

First, steep the 5 bags of tea in one cup of water, then strain until the tea is clear. Then, grind the strawberries and limes, add the sugar, and let stand for 24 to 36 hours. Strain the pulp, and then add the rest of the ingredients. Run water through the pulp and add that water to the previous strained filter result until you have enough water to fill a 5 gallon container.

Cover the container to prevent unauthorized entry by bugs or other contaminants, and stir each day for a full week. Skim or decant off any foam or solid material on the top each day prior to stirring. Following the stirring and particulate removal, allow the new wine to stand for one month, then siphon the liquid and strain into another container. Be sure not to siphon up the solids at the bottom of the container. Let the wine stand again and again siphon. Repeat this process 4 total times or until the wine is clear.

When the wine is clear, bottle it and allow it to stand for an additional 3 months to allow for the acquisition of the best possible flavor. You should choose one of the better wine making strawberry varieties (see Appendix C). Also, for more information and general videos, see page 36 above.

Recipe Notes

This strawberry lime wine recipe makes a great meal component. It also goes great with many fruit desserts. So, take the plunge and get started making your own homemade wine today. Enjoy responsibly!

Virgin Strawberry Daiquiri Recipe

Looking for the tantalizing taste of a strawberry daiquiri without the mind-numbing alcoholic effects? You've hit the bulls-eye! This virgin strawberry daiquiri recipe will provide a delicious treat that goes great with hot weather, clear water, white sand, and a few waves.

But, if you can't enjoy one at the beach, you can still kick back at home and sip away. Since this virgin strawberry daiquiri recipe won't impair your driving skills, you can feel free to enjoy one any time! And, you can even share one with your kids.



Virgin Strawberry Daiquiri Ingredients

3 ounces of strawberries
1 ounce of lime juice
1 teaspoon of sugar
cracked ice

Virgin Strawberry Daiquiri Recipe Directions

Place the strawberries, lime juice, and sugar into a blender and blend until smooth. Add the cracked ice and blend again. Pour into a cocktail glass or other appropriate serving glass. The daiquiri can then be garnished with a mint leaf or sliced strawberry. To garnish with the strawberry, simply cut it half way through beginning at the point and cutting toward the stem/hull. After cutting, slide the strawberry over the rim of the glass.

Recipe Notes

Unquestionable, fresh strawberries and freshly-squeezed lime juice will make a better-tasting drink. However, processed lime juice and frozen strawberries can be substituted in a pinch

Enjoy this non-alcoholic strawberry daiquiri recipe!

Virgin Strawberry Blonde Recipe

When you are in a rush to find fun for the family, it is good to have a go-to recipe that will help the kiddos feel like they are included while keeping them (and the law) happy. This virgin strawberry blonde recipe will be a treat for the youngsters and the teetotalers alike. Imbibing this by the gallon won't trip any breathalyzers, so you needn't worry about posting bail anytime soon. So, make a quick trip to snag any ingredients you don't already have, and enjoy this fantastic family-friendly concoction.



With a sizzle and a fizzle, this beverage will go down smoothly! So, you might want to double, triple, or quintuple this recipe to ensure that the hungry masses get their fill of this delightful (and safe) drink.

Virgin Strawberry Blonde Ingredients

2 whole strawberries
4 ounces of strawberry syrup
Ginger ale (to fill your selected glasses)
Small frozen blocks of water (a.k.a. "ice")
2 teaspoons of sugar (optional)

Virgin Strawberry Blonde Recipe Directions

Select two glasses; cocktail glasses are normally selected, but you can use any. Chill them in the refrigerator for best effect. Place ice cubes or crushed ice into the glasses. Pour the strawberry syrup over the ice, and add ginger ale until the glasses are full. If desired, sprinkle sugar around the rim of the glasses either before or after adding the other ingredients. Slice a washed strawberry halfway through, starting at the tip end. Slide the strawberry over the edge of the glass for garnishment.

This recipe makes 2 slurpable servings!

Recipe Notes

This virgin strawberry blonde recipe is a sure winner. Enjoy!

Strawberry Bread Recipe

When most people think of strawberry plants and strawberries, they think of eating the tasty red fruits raw or in a dessert dish. Never does the thought enter in that there might be other culinary uses for strawberries. Believe it or not, one of the most delicious uses of strawberries is to make strawberry bread. Typically, those who bake strawberry bread do so intending to enjoy it as a breakfast. However, this strawberry bread recipe will satisfy first thing in the morning, as a midnight snack, or anytime in between.



Strawberry Bread Ingredients

- 2 cups of strawberries, sliced
- 3 cups of flour
- 2 cups of sugar
- 1 cup of shortening
- 1 teaspoon of baking soda
- 1 teaspoon of cinnamon
- 4 eggs

Strawberry Bread Recipe Directions

Combine the flour, salt, cinnamon, and baking soda. Beat the eggs and then add the eggs, shortening, and strawberries.

Stir all ingredients together until the mixture is evenly moist.

Grease two 9- by 5- by 3-inch bread loaf pans and then spoon the batter evenly into each.

Bake at 350 for 1 hour. Test with toothpick after one hour. Continue baking until toothpick comes out clean.

Once baking is completed, allow the strawberry bread to cool in the pans for about 10 minutes. Then, turn the pans upside down and remove the strawberry bread onto cooling racks for further cooling. Serve when ready! (Most people think this strawberry bread recipe tastes better warm!)

Recipe Notes

Be warned: if you try this strawberry bread recipe, it will likely become a family favorite. Once baked, the strawberry bread can be stored in the refrigerator for a few days, or it can be frozen and placed in a deep freeze.

Easy Strawberry Quick Bread

Road rage is running rampant. Stressed out supervisors are screaming. Middling micromanagers are meting out mindless missives mandating menial and mundane modes of operating that are threatening to make otherwise normal employees go maniacal. My goodness! It doesn't have to be this way. What is needed is something to save time, something to soothe the irritated psyches that seem about to go volcanic. Well, you can take a deep breath and smile, or weep with relief if that is your coping mechanism, because you now have the opportunity to fix a new favorite comfort food. This easy strawberry quick bread recipe may not solve all the problems in the world, but you aren't likely to be pondering those problems while you savor this succulent stuff.



Grab the ingredients and get ready to whip up this pleasure. If you don't have time to make it, just move faster! The sooner you get this culinary marvel made, the sooner all will be well in the world!

Easy Strawberry Quick Bread Ingredients

- 4 cups of strawberries
- 6 eggs
- 1 cup of vegetable oil
- 1 cup of sugar
- 7 ounces of instant vanilla pudding mix
- 4 and 1/2 cups of flour
- 1 tablespoon of baking powder
- 1/2 tablespoon of baking soda

Easy Strawberry Quick Bread Recipe Directions

In a large mixing bowl, combine the oil, sugar, and instant vanilla pudding mix. Mix together and add egg the eggs while still beating the mixture. Mix until smooth. Next, combine all the dry ingredients and add to the mixture in the mixing bowl while still blending at low speed. Add the strawberries, then pour the batter into a greased loaf pan(s).

Bake at 350 degrees Fahrenheit for 50 minutes to one hour, or until a toothpick inserted into the center of the loaf comes out clean.

Strawberry Nut Bread Recipe

Sometimes you may feel like a nut, and sometimes you may not. If you are in a nutty kind of mood, take a few moments to make this strawberry nut bread recipe. It may not cure you of all that ails you, but it will surely cure your hankering for some nuts in a most delightful way. The sweetness of strawberries combined with the satisfying heartiness of nature's original filler food settles down a growling stomach pronto. So, when you feel like a nut, get a bit nutty with this recipe. You'll be happy you acquiesced to your inner squirrel.



Just a word of warning: be sure to close and lock all your windows once you decide to begin preparing this recipe. While it is good to feed your inner squirrel, you don't need to do battle with zombie squirrels once they get wind of what you've decided to bake. Just be careful so that you don't set off the zombie squirrel-pocalypse!

Strawberry Nut Bread Ingredients

- 2 pints of strawberries
- 3 cups of flour
- 1 cup of sugar
- 1/2 cup of shortening
- 1/2 cup of water
- 1/2 cup of chopped nuts
- 2 eggs
- 1 teaspoon of baking powder
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon of baking powder

Strawberry Nut Bread Recipe Directions

Wash and hull your strawberries. Blend in a blender until smooth, then pour into a sauce pan and bring the puree to a boil using medium heat. Cook for one minute, stirring continually.

In a mixing bowl, mix together the eggs, sugar, and shortening until all are blended smoothly. Combine all of the dry ingredients and add water. Stir in the strawberry puree and chopped nuts.

Pour the batter into a 9 by 5 inch loaf pan and bake at 350 degrees Fahrenheit for 60 minutes or until a toothpick comes out clean from the center. When finished, allow the finished strawberry nut bread to remain in the pan and cool down for 5 minutes. After 5 minutes, remove the bread from the pan and allow it to cool on a cooling rack until it is completely cool. Serve fresh for maximum goodness!

Recipe Notes

This strawberry nut bread recipe makes a great "anytime" meal component. It serves as an excellent breakfast addition or can even be an enjoyable stand-alone snack.

Strawberry Crepes Recipe

Ok, ok, strawberry crepes may be better categorized as a strawberry dessert instead of a strawberry bread. But since this strawberry crepes recipe calls for flour, we'll run with it. Whether you think of crepes as a dessert, breakfast food, afternoon snack, or something else, one thing is certain: they are good! So, pick a few strawberries off of your strawberry plants or get some at the grocery store and whip up this delightful taste sensation. And, of course, share it with others. Tasting this in your kitchen may just inspire others to head to their kitchens and do something delicious! This is an easy recipe to whip up. And, it is a favorite for just about everyone who tries it. So, gather your ingredients without delay and head to the kitchen to make it today! You'll be glad you did.



Strawberry Crepes: Ingredients for Crepes

- 2 strawberries (medium to large)
- 1/4 cup of skim milk
- 1/4 cup of water
- 1 egg
- 1 tablespoon of vegetable oil
- 2/3 cups of flour
- 1/4 teaspoon of sugar
- 1 pinch of salt

Strawberry Crepes: Ingredients for Filling

- 1 cup of fresh sliced strawberries
- 3/4 cup of whipped cream
- 1/2 cup of semisweet chocolate chips

Strawberry Crepes Directions

Remove the green hulls from the fresh strawberries. Put the two medium-to-large strawberries in a large bowl and mash them into a pulp. Then, add the oil, water, milk, and egg. Beat the liquid ingredients together. Then add the salt, sugar, and flour, beating them in as they are added. Heat a medium-sized skillet over medium-high heat. Using a non-stick skillet will simplify the process and likely produce a more visually-appealing end result. Pour or ladle the batter into the center of the skillet. Be sure to tilt it so that the batter is evenly spread out. Cook until golden brown on one side. Turn it once. The cooking time should be between two and 5 minutes. Repeat the process with any crepe batter that is remaining.

For the filling, whip the whipping cream (additional sugar or sweetener can be added to taste). Then melt the chocolate chips in a small saucepan over low heat. Be sure to stir continuously. Once melted, remove from the heat. Spread the melted chocolate on one side of the crepe. Create a line of overlapping sliced strawberries down the center of the crepe on top of the chocolate. Then, roll it up. Top with the whipped cream and drizzle the extra chocolate on top. Alternatively, this strawberry crepes recipe can be folded instead of rolled. In this case, after covering one side with chocolate, cover a wedge (1/4 of the crepe) with the sliced strawberries. Then, fold the crepe over the berries twice, adding a layer of whipped cream between the two folds. Drizzle the top with chocolate and garnish with a strawberry slice.

Orange Ragout Strawberry Crepes

You've heard it said that variety is the spice of life. Well, there is some truth in that. A much less known colloquialism says that spices make variety in the kitchen. Fortunately for you, if you are looking to spice up your life with a little variety, or if you are looking to add to your salacious culinary repertoire in the kitchen, this orange ragout strawberry crepes recipe will do the trick. Spiced strawberry dishes are often difficult to find because it is often hard to pair up the singular strawberry flavor and aroma with any other competing combination. However, this recipe not only achieves that delightful unity of taste and smell, but it will do so repeatedly, on each occasion you prepare it (because you will make it more than once!).



So, you've decided to make this little wonder of the kitchen? Fantastic! Just follow this yellow brick road of instructions. You won't find a fraudulent all-powerful wizard behind a curtain, but you will find a wizardly taste unlike any others! So, get your ingredients, click your heels together, and start preparing!

Orange Ragout Strawberry Crepes: Filling Ingredients

- 2 cups of strawberries
- 1 cup of sliced oranges
- 1 cup of orange juice
- 1/2 cup of butter
- 1 tablespoon of powdered sugar
- 1/2 of a vanilla bean
- 3 small pieces of ginger
- 3 small pieces of cinnamon
- 1 small piece of orange zest

Orange Ragout Strawberry Crepes: Dough Ingredients

- 1 cup of flour
- 2 cups of milk
- 3 eggs
- 1/3 cup of butter
- 1/2 teaspoon of salt

Orange Ragout Strawberry Crepes Recipe Directions

First, melt 1/3 cup of butter; then, blend the melted butter, flour, eggs, and salt in a blender until the mixture is smooth. Allow the mixture to rest for 30 minutes. After 30 minutes, bake 4 crepes in a buttered pan. When finished, keep the crepes warm in the oven.

While the crepe mixture is resting, use the time to prepare the filling. First, put the powdered sugar into a pot or saucepan and caramelize it until it is light brown. Pour in the orange juice. Place the vanilla bean, orange zest, ginger and cinnamon pieces into the pot/saucepan. Keep the contents simmering for 10 minutes. After 10 minutes of simmering, remove the pieces of spice and melt in a pat of butter. When melted, add the quartered strawberries and orange slices and heat until warmed. Remove the crepes from the oven, and serve them with the filling. This recipe makes 4 delicious servings!

Strawberry Muffins

Strawberry muffins! If you have never enjoyed this fantastic culinary delight, you are in for a treat. This strawberry muffins recipe is a delicious snack or even meal.

This is a yummy recipe to whip up. One thing to consider, however, is the aesthetic quality of the food you prepare. The hardest aspect of making strawberry muffins is getting them out of the muffin tin whole. Muffins have a terrible reputation for sticking to their tins and disintegrating when they are removed. To alleviate this problem, you may want to consider purchasing a non-stick muffin pan.



Strawberry Muffin Recipe: Ingredients

- 1.5 cups of strawberries
- 2 eggs
- 2 cups of flour
- 2/3 cup of sugar (see notes below)
- 1/2 stick of butter
- 1/2 cup of milk
- 1/4 cup of plain yogurt
- 1 teaspoon of vanilla
- 1/4 teaspoon of salt
- 1 tablespoon of baking powder

Strawberry Muffins Directions

Preheat your oven to 375 degrees Fahrenheit (200 degrees Celsius). Remove the green hulls from the fresh strawberries and then cut them into small cubes. Grease your muffin tins, or use non-stick muffin tins. Melt the 1/2 stick of butter and allow it to cool. Put the eggs and sugar into a large mixing bowl and whisk together until light. Then add the melted butter, milk, yogurt, and vanilla and whisk together.

Take a second large mixing bowl and add the baking powder, flour, and salt. Add the dry ingredients to the mixing bowl containing the wet ingredients, stirring in as they are combined. When the last of the dry ingredients just disappears, add the small strawberry cubes and stir them in. Spoon the batter into the muffin tins level with the top. Bake for 25 minutes or until a toothpick comes out clean after testing.

Once baked, turn the muffins over and allow them to cool on a cooling rack. Eat when the muffins have cooled a bit!

Recipe Notes

Unless you are planning on feeding your whole family these muffins as a meal, you will likely have a few left over. They make a great breakfast! Simply reheat them at 375 degrees Fahrenheit for 10 minutes.

And, if you don't have a good muffin tin, you can always line the muffin tin with cupcake papers.

Strawberry Cinnamon Muffins

Unlike the mentally challenged individuals who gag and wheeze for minutes after sticking a huge spoonful of ground cinnamon in their mouth and then choking on it (just search for “cinnamon challenge” on your favorite search engine), you actually know how to use cinnamon appropriately to spice your foods to perfection. After all, that is why you are reading this recipe right now! Everyone loves cinnamon, whether on toast, in cereal, or in muffins. Pair cinnamon with strawberries, put the combination in with a few other choice ingredients, bake it up, and you’ve found a winner. Just follow this recipe to strawberry cinnamon bliss. The aroma of these muffins baking will be enough to induce salivation in any living creature with a nose. Just be sure to put the canines outside prior to baking. Otherwise, you might slip on the copious puddles of drool that will form underneath the dripping jowls of the aforementioned beasts as they stare longingly at these magnificent strawberry cinnamon muffins baking in the oven.



Have you let the dogs outside? Fantastic! You are now ready to get busy making this culinary masterpiece. And, of course, any good pet owner will save some for the animals so loved. So, fend off the challengers and save a muffin for Fido. Or, at least let the poor pup lick up the crumbs when he comes back inside from his temporary banishment!

Strawberry Cinnamon Muffin Ingredients

- 1 and 1/2 cups of strawberries
- 2 cups of flour
- 1/2 stick of butter
- 2 eggs
- 2/3 cup of sugar
- 1/2 cup of milk
- 1/4 cup of plain yogurt
- 1 teaspoon of vanilla
- 1 tablespoon of baking powder
- 1/4 teaspoon of salt

Strawberry Cinnamon Muffins Recipe Directions

Preheat the oven to 375 degrees Fahrenheit (190 degrees Celsius). Wash and hull the strawberries, then cube them and set them aside. Grease a muffin tin or line it with baking cups. Melt the butter and allow it to cool.

In a large mixing bowl, whisk the eggs together with the sugar until mixture is light. Then, add milk, yogurt, vanilla, and the melted butter. Gently whisk until well-mixed.

In another mixing bowl, combine the flour, baking powder, cinnamon, and salt. Add this to the mixture to the milk/yogurt mixture and stir until the flour just disappears. Then, add the cubed strawberries and gently stir them into the mixture.

Spoon the batter into either the greased muffin tin or into the baking cups in the muffin tin. Place the muffin tin into the oven and bake for 25 minutes, or until a toothpick comes out clean. When finished, invert them onto a cooling rack and allow them to cool sufficiently prior to consuming or serving. This recipe makes 12 delicious strawberry cinnamon muffins!

Recipe Notes

This strawberry cinnamon muffins recipe makes a great snack or breakfast, but it isn't limited by any means. Add some vanilla frosting and some candles to make them birthday muffins, or serve them with a meal as a side bread. No matter how you serve them, they will be a smashing hit.

Strawberry Pancake Recipe

Have you ever whipped up a strawberry pancake recipe? If not, today is your lucky day! This recipe brings together the unique flavor of strawberries with one of the all-time favorite breakfast offerings: pancakes. Strawberry pancakes are not as common as they could be simply because most people have never encountered a strawberry pancake recipe to try.



Now that you have landed here, you have a wonderful opportunity to enjoy this breakfast treat with friends or family. And, assuming you follow through and make this strawberry pancake recipe, I feel confident it won't be the last time you ever eat delicious strawberry pancakes!

Before you go on to make these pancakes, a warning is in order. Each strawberry pancake you make could further seal the deal on a burgeoning strawberry pancake addiction. Ok, ok. While I may be exaggerating a bit about the addictive quality of this culinary delight, I'm completely serious when I say this: they are goooood. Whip up the recipe, and see for yourself!

Strawberry Pancakes: Ingredients for Pancakes

- 1 cup of flour
- 1 cup of milk
- 5 eggs
- 1/2 cup of sugar
- 1 dash of salt
- Butter



Strawberry Pancakes: Ingredients for Topping

- 1 cup of strawberries
- 1 cup of cottage cheese
- 1/4 cup of sugar
- 1 package of vanilla sugar
- 2 egg yolks
- 1 tablespoon of lemon juice



Strawberry Pancakes Directions

To prepare the topping, put the cottage cheese, sugar, vanilla sugar, egg yolks, and lemon juice into a blender and blend until smooth. Transfer the contents of the blender into a bowl. Wash and remove the green hulls from the strawberries. Cube the strawberries and add them to the blended topping mixture and stir them in. Rinse the blender and set aside the mixture until each strawberry pancake has come off the skillet.

To prepare the strawberry pancakes, put the flour, milk, 5 eggs, sugar, and salt into a blender and blend until smooth. Let the resultant mixture rest for thirty minutes. After thirty minutes, put the butter into a skillet and melt it on medium heat. Pour or ladle the batter into the skillet. Flip the each strawberry pancake once when the underside is golden brown.

When all 8 pancakes are finished, spread the strawberry pancake topping over them and enjoy!

Recipe Notes

Feel free to decorate the final product with additional sliced strawberries or sprinkled cinnamon or nuts. And, if you don't have a pancake skillet, you can always get a good one by clicking the link for Pancake skillet on the Purchasing Links page below.

Traditional Strawberry Shortcake

Most people have never seen strawberry plants growing in a field. However, nearly everyone has seen a strawberry. And, if you were to ask many of those people what strawberries are used for, many will give the all-American answer: STRAWBERRY SHORTCAKE!

The mere mention of this spring dessert delight makes many a mouth water profusely. Well, if you happen to be one of those, satisfy your watering mouth with this delicious, traditional strawberry shortcake recipe. (Sometimes, traditional strawberry shortcake recipes are called “original” strawberry shortcake recipes).



Traditional Strawberry Shortcake: Ingredients

1 quart of fresh strawberries
1/3 cup of sugar
1 & 1/2 cups of whipping cream

2 cups of flour
3/4 cups of milk
1 tablespoon of baking powder
1/2 teaspoon of salt
3 tablespoons of sugar
6 tablespoons of butter

Traditional Strawberry Shortcake Directions:

This traditional strawberry shortcake recipe involves three distinct steps. First, the strawberries and topping are prepared. Second, the shortcake is prepared. Third, the individually prepared components are combined into the final, traditional strawberry shortcake dessert.

Preparing the Strawberries

Timeline: prepare the strawberries one to two hours before serving.

Clean the strawberries by thoroughly rinsing them under cool water. After rinsing, drain the strawberries very well. Remove the green caps with a strawberry huller or knife and slice the berries into halves. Place them in a bowl and sprinkle them with sugar. Cover the bowl and let them stand at room temperature for about an hour.

Next, whip the whipping cream. When it is whipped enough to hold a soft peak, cover it and refrigerate until it is ready to be served.

Preparing the Shortcake

Preheat the oven to 425 degrees Fahrenheit with the rack set at center level. Combine the flour, salt, sugar, and baking powder in a large bowl. Mix the ingredients thoroughly. Cut the butter into small pieces and work into the mix with your fingertips. Make a well in the center, pour the milk into the well, and then stir it in just until the dough is moist. Let the dough stand for 1 to 2 minutes. Put the dough into a buttered and floured round

cake pan. After patting the dough into shape, brush on some milk or cream onto the top and sprinkle with sugar.

Put the cake pan into the oven and bake for 10 to 15 minutes. When risen and golden brown, test it with a toothpick. The toothpick inserted into the center should come out clean if it is done. If the toothpick comes out with dough on it, lower the oven temperature to 350° and continue baking for another 5 minutes.

Combining the Components

When the shortcake is done, remove the pan from the oven and split it horizontally. Butter the hot shortcake and top it with the prepared strawberries. Finally, cover the strawberries with the chilled whipped cream and serve. This recipe serves eight people.

Recipe Notes

To lower the calories, the sugar sprinkling steps can be left out. Additionally, choosing deep red and ripe strawberries will usually mean that the strawberries have their maximum level of sweetness.

It can also be helpful to understand where the term “shortcake” originates. Generally, shortcakes are understood to have a high amount of fat in proportion to flour. As such, traditional strawberry shortcake recipes are generally not low-calorie foods. But, you will be hard-pressed to find a better-tasting one!

Also, if 10 or so strawberries are kept whole, they can be used to decorate the ready-to-serve strawberry dessert.

Strawberry King Pie

This is the king of all strawberry pies. That may be a bold statement, but it is no joke. Once you prepare and taste this legendary strawberry king pie recipe, you won't even chuckle at a jester who says otherwise. King Arthur had Excalibur; Charlemagne wielded Joyeuse; El Cid swung Tizona and Colada in his day; William Wallace brandished his giant Scottish Claymore resisting the English in the late 13th century; and you, my friend, are now armed as Monarch of the Kitchen with this delicious weapon.



Expect to slay the hunger of all the vassals in your fiefdom. Expect to slake the parched palates of hungry peons (or kids!) inhabiting your lands. Yea, fair cook, ye shall arise to be heralded here to you for serving such extravagance on little platters. Prepare to rule your kitchen for ever! Long live the COOK!

This recipe is treasure, to be sure. Just be wary. If you happen to live with a troll, it might just descend upon your kitchen and snatch the pie! Dragons are another matter altogether...

Strawberry King Pie Ingredients

- 1 quart of strawberries
- 1 cup of sugar
- 1 cup of water
- 1 and 1/2 tablespoons of cornstarch
- 1/8 teaspoon of salt
- 1 pre-baked pie shell (or, you can bake your own beforehand)

Strawberry Pie Recipe Directions

Wash and hull your fresh strawberries. Combine 1 cup of the hulled strawberries together with 3/4 cup of sugar and 1 cup of water. Cook over medium-high heat in a saucepan for five minutes. Remove from the heat and mash thoroughly. Mix in the remaining 1/4 cup of sugar, cornstarch, and salt with the mashed strawberries, stirring well to evenly spread ingredients throughout the mixture. Place the saucepan back over medium heat and cook until thickened, stirring continuously. Set aside to cool for a few minutes.

In your pie shell, place your strawberries so that the tops (already hulled) are down on the pie crust and the tips (small end) are pointing up. Once you have arranged them into your desired pattern (or tossed them in haphazardly), pour the glaze evenly over the top. Chill until cool and firm, and serve with whipped cream or ice cream.

Recipe Notes

This strawberry king pie recipe makes a legendary dessert. Whether you are having the neighborhood serfs over for dinner or hosting duke and duchess from the next duchy over, it will be a resounding success. But, don't take my word for it! Make it and see for yourself: it is regal!

Chocolate Chip Strawberry Shortcake

Everyone who tries this chocolate chip strawberry shortcake recipe will soon discover that it is tremendously difficult to find fault with it. It is a perfect chameleon. It satisfies a palate used to enjoying everyone's spring favorite, strawberry shortcake, while improving it with delightful nuggets of chocolate. If you have a chocolate lover in your household, venture into new territory, and try this recipe today. It takes no longer to prepare than a its chocolate-less cousin, but it is oh so yummy!



Look, the sooner you start mixing and making, the sooner you can get down to the business of eating! So, gather your utensils and tools, and get to work. You will be enjoying a mind-numbingly delicious final result before you know it!

Chocolate Chip Strawberry Shortcake Ingredients

2 quarts of fresh strawberries
2 cups of flour
2 teaspoons of baking powder
4 tablespoons of cocoa powder
1/3 cup of sugar
1/2 teaspoon of salt
1/2 teaspoon of baking soda
5 tablespoons of butter
3/4 cup of milk
4 ounces of chocolate chips
2/3 cup of sugar
1 and 1/2 cups of whipping cream

Chocolate Chip Strawberry Shortcake Recipe Directions

Prepare the strawberries one to two hours before serving. Clean the strawberries by thoroughly rinsing them under cool water. After rinsing, drain the strawberries very well. Remove the green caps with a strawberry huller or knife and slice the berries into halves. Place them in a bowl and sprinkle them with sugar. Cover the bowl and let them stand at room temperature for about an hour.

Preheat the oven to 425 degrees Fahrenheit with the rack set at center level.

Next, whip the whipping cream. When it is whipped enough to hold a soft peak, cover it and refrigerate until it is ready to be served.

Combine the flour, salt, sugar, cocoa powder, chocolate chips, baking soda, and baking powder in a large bowl. Mix the ingredients thoroughly. Cut the butter into small pieces and work into the mix with your fingers. Make a well in the center, pour the milk into the well, and then stir it in just until the dough is moist. Let the dough stand for 1 to 2 minutes. On a clean counter top, roll or flatten the dough out until it is in the shape of a circle and is an inch thick. Use a two-inch cutter to make rounds until no dough is left (around 12). Place the dough rounds onto parchment paper on a cookie sheet. Put into the oven and bake for 10 to 15 minutes. They are done when they have risen and are golden brown on top. Test the centers with a toothpick; bake until the

toothpick comes out clean. If the tops are becoming too brown, lower the oven temperature to 350 degrees and allow to bake for 5 more minutes.

To make the strawberry sauce, pour strawberries into a blender, and add sugar while you blend. Spoon out a tablespoon of sauce in the bottom of each serving dish, and put the bottom half of the shortcake on it. Spoon two tablespoons of sauce, one tablespoon of whipped cream onto the bottom of the shortcake. Then, put the top half of the shortcake on it before adding two more tablespoons of the strawberry sauce. Top the shortcake with whipped cream, sprinkle a few chocolate chips on top, and garnish with whole strawberries. Allow the shortcakes to cool, then enjoy!

Recipe Notes

Even though shortcakes are synonymous with flowers and springtime, this one goes down easy. Even if there is snow on the ground, this recipe is fabulous!

Brown Sugar Strawberry Shortcake Recipe

If you are like me, you think back to your younger days whenever anyone mentions brown sugar. I would sneak into the pantry to steal a “snack” by licking my finger, sticking the moistened digit into the brown sugar, and then depositing that same finger into my salivating maw until it was sucked clean. Don’t tell anyone, but I’d stick that slimy finger back in the luscious substance more than once on most occasions! There is just something captivating about the unique flavors that come from the darker sugar’s composition. Add that experience to an all-American favorite, strawberry shortcake, and you have a recipe winner that will send geriatrics back to a happier place and time while cementing forever the enjoyment of sweetness in the taste buds of the young whippersnappers. So, get your kitchen ready, get set, and get this recipe underway!



Whether you are celebrating the Fourth of July, Memorial Day, or just a summer birthday, this recipe will be a success. Everyone will love it, so be careful when you make it. All your friends might want you to write the recipe down for them to take home!

Brown Sugar Strawberry Shortcake Ingredients

Topping Ingredients

1 quart of fresh strawberries
1 cup of brown sugar
whipped cream

Shortcake Ingredients

2 cups of flour
1/4 cup of sugar
4 teaspoons of baking powder
1/2 teaspoon of salt
1 small pinch of nutmeg
1 egg, well-beaten
6 tablespoons of butter
1/3 cup of milk

Brown Sugar Strawberry Shortcake Recipe Directions

Shortcake

Set your oven rack to the center level and preheat the oven to 425 degrees Fahrenheit. In a large mixing bowl, combine the flour, baking powder, sugar, salt, and nutmeg, and mix them together thoroughly. Cut the butter into small pieces and then work them into the mixture with your fingers. Make a well in the middle of the resulting mix, add the milk and egg, then mix until the dough is moist. Let the moistened dough stand for 60 seconds. Then, turn the dough into a greased and floured round cake pan, shaping it evenly. Moisten the top by brushing on a small amount of milk or cream and sprinkle the top with sugar, if you prefer an additional sweet zip.

Bake the shortcake for 10 to 15 minutes. It should have risen and baked to a golden brown color. Test it by inserting a toothpick into the center of the cake. If the toothpick comes out clean, remove the shortcake from the pan and halve it with a serrated knife. If it isn't quite done, lower the oven temperature to 350 degrees Fahrenheit and bake for 5 more minutes.

Butter the hot shortcake, then top with the whipped cream, strawberries, and brown sugar.

Topping

About an hour or so before you plan to serve the strawberry shortcake, wash and hull the strawberries. Make sure they are drained well, then cut them into halves and place them into a bowl. Sprinkle them thoroughly with the brown sugar and let them stand for an hour. Whip the whipping cream until it holds a soft peak, cover it, and then place it in the refrigerator until you are ready to serve.

When it is time to eat it up, cover the shortcake with the whipped cream, and then distribute the brown sugar strawberries over the cream!

This delicious brown sugar strawberry shortcake recipe makes 8 servings.

Recipe Notes

The unique burst of taste sensations given by the brown sugar makes this recipe a favorite of just about everyone. It goes perfectly with summer heat and sunny days, but can be a cold-weather treat also.

Strawberry Sunshine Cake Recipe

When most people think of strawberry dessert recipes, high on the list will be directions for making a strawberry shortcake. And, rightly so. Shortcakes are synonymous with summer and have become a staple item at summer celebrations, from birthday parties to July 4th events. But, if taste is your objective, try making this recipe and compare it head-to-head with its more famous cousin. If you would have ranked your favorite strawberry shortcake recipe number one before, get ready to bump it down to the penultimate spot. This one is ready to take its place as your ultimate strawberry cake recipe!



An up-front warning: this strawberry sunshine cake does take some time to prepare properly. However, what recipe worth its salt doesn't take at least a modicum of effort? The best things in life (and the kitchen!) are worth the effort and time invested in them. However, if you aren't the type that finds effort put in equals greater satisfaction later, or if you simply don't have the time, no problem! Feel free to find a different strawberry-containing recipe that will be more in line with your expectations. Simply peruse the Table of Contents at the beginning of this, *The Simply Sensational Strawberry Cookbook*.

Why the Strawberry Sunshine Cake Recipe?

Once you prepare and consume this recipe, you will know that you really don't need a reason or special occasion to make it. It is an end unto itself! But, it is a fantastic addition to Bar-b-que spreads and doubles well as a birthday cake. When you look at the finished product before you make the first cut, you will also notice that it is a sufficiently elegant cake to serve at just about any official function as well. You should plan for about 30 minutes of preparation time and another 50 for baking. Here's how:

Strawberry Sunshine Cake: Ingredients for Cake

- 1 cup of all-purpose flour
- 1 cup of egg whites (will require about 7 eggs)
- 5 egg yolks
- 1/2 teaspoon of vanilla extract
- 1/2 teaspoon of lemon extract
- 1/2 teaspoon of almond extract
- 2 tablespoons of water
- 1 1/2 cups of sugar, divided
- 1/2 teaspoon of salt
- 1/2 teaspoon of cream of tartar

Strawberry Sunshine Cake: Ingredients for Filling

- 2 pints of fresh strawberries, divided
- 1 package (3 oz) of strawberry gelatin
- 1 cup of boiling water
- 1/2 cup of ice water
- 1 carton (8 oz) of frozen whipped topping, thawed and divided

Strawberry Sunshine Cake Recipe Directions

First, beat the egg whites, salt, and cream of tartar until soft peaks form (use a large mixing bowl). Gradually add one cup of sugar in increments of one tablespoon at a time until the peaks stiffen. Then set the bowl aside.

In another bowl, beat the egg yolks for about 5 minutes, or until they have slightly thickened. Add the rest of the sugar and continue beating until the batter is thick with a lemon color. Then, blend in the water and all of the extracts. Sift the flour over the batter, and beat it until smooth. Next, fold in the egg whites until just blended.

Spoon the result into a 10-inch tube pan, cutting through the batter with a knife or other tool to release any trapped air bubbles. Smooth out the top. Place the tube pan in the oven and bake at 325 degrees for 50 to 55 minutes (or until the cake springs back after light touch). When baked, invert the pan immediately and allow it to cool completely.

For the filling, use another large bowl and dissolve the gelatin into the boiling water. After it is dissolved, add the ice water and stir it. Then, place the bowl in ice water until it is slightly thickened (usually about 5 minutes). When thickened, fold in sliced strawberries and 1/2 cup of whipped topping.

Next, loosen the cake by running a knife between the edge of the pan and the edge of the cake. After loosening, the cake will need to be divided into three equal layers. Depending on the firmness and texture of your final product, either a piece of dental floss or a sharp bread knife will work well. Cut and put the bottom layer on a dish. Spread half of the gelatin concoction on the top of the bottom layer. Add the second cake layer on top of the freshly-spread gelatin, and spread the remaining gelatin over the second cake layer. Use the remaining whipped topping as frosting and cover the top and sides. Use the remaining strawberries to garnish the finished strawberry sunshine cake recipe! To liven it up even more, it can be served with vanilla or strawberry ice cream and drizzled with chocolate. The finished cake should be kept chilled until ready to be served, and any leftovers (if there are any!) should also be refrigerated.

Recipe Notes

If you don't have access to fresh-picked strawberries, frozen fruit can be tried. Also, extra sugar can be added for more sweet zip. Add other fruit for special occasions, too! Blueberries added to the strawberries around the 4th of July makes the finished produce quite patriotic

Jello Butterfly Strawberry Cake

This delightful jello butterfly strawberry cake recipe is almost always a hit with everyone. It is a unique and interesting “cake” that draws attention at pot-lucks and other dining events. Of course, its beauty is short-lived since it is devoured by the onlookers as soon as the dessert bell is rung.

The best part about this cake, however, is not its appearance. It is the melding of flavors to create a delicious medley. Your taste buds will be singing from the first bite until the last bite (and more if you go back for seconds!). If a jello butterfly strawberry cake doesn't sound good to you, you've simply never tasted one!



This is a great recipe for any occasion, but it is especially appropriate for the first hot days of summer. What could be better than sitting in the shade on a hot summer day and enjoying a cool butterfly cake while watching butterflies hop from flower to flower?!

Jello Butterfly Strawberry Cake: Ingredients

- 2 cups of strawberries
- 2 packages of strawberry jello
- 3 packages of gelatin
- 2 cups of cream cheese
- 1 cup of cornflakes
- 1 cup of yogurt
- 1 package of vanilla sugar
- 3/4 cup of milk chocolate
- 1/2 cup of sugar

Jello Butterfly Strawberry Cake Directions

Prepare the strawberry jello according to the directions that come on the box. Pour the jello liquid into a bowl and place it in the refrigerator.

Wash and dry the strawberries. Then remove the green hulls from the fresh strawberries and then cut them into small cubes.

Break the cornflakes into crumbs. An easy way to do this is to put them into a zip-lock bag, poke a very small hole in the bag, squeeze all the air out of the bag and then crush them by rolling them with a rolling pin. After crushing the cornflakes, melt the chocolate. Mix the melted chocolate with the cornflake crumbs. Spoon out two thin lines of the choco-flake mix that are 5 inches long (one tablespoon for each line). These will serve as the butterfly antennae on the finished cake. Pour the rest of the choco-flake mixture into a greased springform pan.

While the choco-flake is cooling in the pan, mix the yogurt and cream cheese with a blender until it is smooth. Slowly add six tablespoons of water and the gelatin and blend for one additional minute. After the minute is up, continue blending while you add the vanilla sugar, sugar, and 1/3 of the cubed strawberries. Then, pour the mix into the pan on top of the choco-flake. Finally, pour the cold but still-liquid jello into the pan and sprinkle the rest of the cubed strawberries into it.

Put the pan in the refrigerator and allow it to chill for at least three hours. Afterwards, cut the jello strawberry cake exactly in half. Rotate one half 180 degrees so that the rounded parts are touching and the straight edges face outward. Put the choco-flake antennae at an angle coming from where the rounded edges touch.

Voila! Finished jello butterfly strawberry cake!

Recipe Notes

Of course, the best option for this recipe is strawberry jello, but other flavors can be substituted. For even more strawberry zing, you can use strawberry yogurt instead of plain.

Strawberry Chocolate Port Cake Recipe

After the first bite of this completed strawberry chocolate port cake recipe, you and Oliver will both find yourself exclaiming, “Please, sir, I want some more.” And, without the prohibitions and societal implications prevalent in the day of that classic tale, you’ll be able to have your cake and eat it too! Thank goodness for progress in civilization. Come to think of it, thank goodness for the agricultural advancements that bring fresh strawberries to our grocery store shelves on a weekly basis as well!



Ahhh, strawberries and chocolate. What can surpass that combination of palate-stimulating deliciousness? Few things, my friend, few things indeed. So, enough blathering. Let’s get to the recipe! This recipe is not very complicated to prepare. Just follow these super-simple steps:

Strawberry Chocolate Port Cake Ingredients

- 1 pint container of fresh strawberries
- 1 cup of semi-sweet chocolate chips
- 1 cup of whipping cream
- 1/2 cup of flour
- 1/2 cup of sugar
- 1/2 cup of port wine
- 1/3 cup of butter
- 2 eggs, separated

Strawberry Chocolate Port Cake Directions

First, wash and hull the fresh strawberries. Although you can use frozen strawberries with this recipe, fresh strawberries are more appealing and should be used if possible. Then, slice the strawberries, and set them aside. Next, whip and sweeten the whipping cream to your liking. After the first two steps are completed, continue to the cake.

For the cake, first make a chocolate mixture. To do so, add 1/3 cup of the port wine, 1/2 cup of the chocolate chips, and the butter together in a saucepan and melt together over low heat, stirring as needed.

Then, use a blender to beat six tablespoons of the sugar with the egg yolks until the appearance is pale and the mixture is thick. At that point, slowly add the chocolate mixture while blending. Mix in the rest of the chocolate and the flour.

Use another bowl to beat the egg whites with the rest of the sugar until stiff. Gradually fold this into the chocolate batter to blend it. Pour this into a greased and floured round layer cake pan (9-inch), and bake at 325 degrees for 25-30 minutes. Verify that the center is finished by inserting a toothpick. When finished, it should come out clean.

After passing the “toothpick test,” remove the cake from the oven, and allow it to cool for 5 minutes in the pan. Subsequently, loosen the cake and flip the pan over to deposit the cake gently onto a serving tray or plate. Use a rounded utensil (a spoon works well) to create a shallow indentation in the center of the cake by pressing gently. Toss the strawberry slices with the remaining port wine, then spoon them into your indentation. Finally, spoon the whipped cream around the edge, and you are ready to eat! This recipe makes six servings.

Strawberry Cheesecake Recipe

Mmmmmm, cheesecake! Who doesn't love a fresh and delicious cheese cake? This strawberry cheesecake recipe will surely leave you satisfied. Whip it up, and the entire family will have a treat after dinner that they will rave about (and ask you to prepare again and again).

Sweet Tooth, beware!

This is a great recipe to make on the first few hot days of summer. The strawberry harvest should be plentiful, and evenings should still be cool enough to enjoy being outside. So, eat dinner and head out to the porch or step to watch the sun set while enjoying some fresh strawberry cheesecake!



Strawberry Cheesecake Recipe: Ingredients

- 3 pints of fresh strawberries
- 2 cups of graham crackers
- 6 tablespoons of butter
- 2 pounds of cream cheese
- 1 cup of sugar
- 1/4 cup of currant jelly
- 3 eggs
- 2 tablespoons of water
- 1 tablespoon of grated lemon zest
- 1 tablespoon of vanilla

Strawberry Cheesecake Directions

Prepare the strawberry cheesecake crust:

Preheat the oven to 325 degrees Fahrenheit. Crush the graham crackers into small crumbs, melt the butter, and then combine the butter and graham crackers. Press the mixture into greased or non-stick 10-inch springform pan. Bake for 5 minutes and then remove the crust.

Prepare the strawberry cheesecake cake:

Use a mixer to blend the cream cheese on low until it is smooth. Continue blending on low and add in the eggs, sugar, lemon zest, and vanilla. Continue to blend until the entire mixture is evenly fluffy. Pour the resultant mixture into the springform pan on top of the crust and bake for an hour. Be sure the center is set prior to removing. Then, remove the pan and allow it to cool. After cooling, place the pan in the refrigerator and allow it to chill for four hours.

Prepare the strawberry cheesecake glaze:

Combine into a small pot: 2 tablespoons of sugar, currant jelly, water and bring it to a boil. Simmer for 3 minutes and then allow to cool.

Finish the strawberry cheesecake recipe:

Wash and dry the strawberries. Then remove the green hulls from the fresh strawberries and then cut them in half from tip to top. Release the springform pan and place the strawberry cheesecake on a dish. Place one of the halved strawberries in the center of the cake, cut side down. Place the rest of the strawberries in like fashion on the top of the cheesecake in concentric circles. Evenly cover the strawberries with a thin layer of glaze. Place the finished strawberry cheesecake recipe in the refrigerator and cool for an additional three hours prior to serving.

The finished strawberry cheesecake is now ready to share with family and friends!

Recipe Notes

If you are a true devotee of strawberry tastes, you can substitute regular cream cheese for strawberry-flavored cream cheese for an over-the-top strawberry experience.

Strawberry Chiffon Pie Recipe

If you are a fan of chiffons, this strawberry chiffon pie recipe will be a unique experience for you. Delightful and fluffy, this strawberry chiffon pie recipe will surely leave you satisfied. So, gather the ingredients, snag a few moments, and make this pie treat the entire family will enjoy.

This is a unique strawberry chiffon pie recipe. The combination of strawberry flavors combine to cause significant reactions amidst your taste buds. Some may even explode, so beware! With that fair warning, here is the recipe:

Strawberry Chiffon Pie Recipe: Ingredients

- 8 fresh strawberries
- 1 packet of gelatin
- 1 cup of water
- 2 to 2.1 ounces of strawberry Kool-aid mix
- 3 tablespoons of sugar
- 1 pint of heavy whipping cream
- 2 tablespoons of instant dry milk
- 2 cups of graham crackers
- 6 tablespoons of butter

Strawberry Chiffon Pie Directions

Prepare the Pie Crust

Preheat the oven to 325 degrees Fahrenheit. Crush the graham crackers into small crumbs, melt the butter, and then combine the butter and graham crackers. Press the mixture into greased or non-stick pie pan. Bake for 5 minutes and then remove the crust from the oven.

Prepare the strawberry chiffon pie

Whip the whipped cream (additional sugar or sweetener can be added to taste) and place it in the refrigerator. Combine the gelatin and water, allowing the mix to stand for five minutes. After five minutes, heat the gelatin/water mix until it is melted. Then add the Kool-aid mix and sugar. Mix the combination very well and place it in the refrigerator until it is slightly thickened. Add the instant dry milk to the thickened gelatin and whip on high speed until the mixture is stiff and creamy. After removing the beaters, fold in the whipped cream. Spread the filling evenly into the pie pan onto the pie crust.

Place the pie pan in the refrigerator and allow it to cool until firm. Then, slice the strawberry chiffon pie into eight equal pieces. Rinse and dry the strawberries, hull them, and slice them in half. Place one strawberry (cut side down) on each slice, then serve!



Strawberry Cream Recipe

Eureka! This strawberry cream recipe is wonderful one. The best aspect of whipping up this treat is, of course, its great taste. But, a close second is the ease with which this dessert is made. No one likes to spend long hours slaving over messes and dishes in the kitchen. This is even truer if dessert is prepared after dinner. So, buckle up your taste buds and get ready to enjoy the culinary ride with this strawberry cream recipe.



Strawberry Cream Recipe: Ingredients

- 2 cups of fresh strawberries
- 3 tablespoons of sugar
- 2 cups of milk
- 1/2 cup of whipped cream
- 1 cup of cottage cheese
- 2 teaspoons of ground cilantro
- 1 tablespoon of powdered sugar

Strawberry Cream Recipe Directions

Mix the strawberries and the sugar in a bowl. After mixing, take the mixture and squeeze it through a colander. Add the milk and blend it in until smooth. Whip the whipping cream and mix in the cottage cheese. Add the cilantro for additional flavor and the powdered sugar for extra sweetness. Mix everything together. Garnish each serving with a clean strawberry, and serve the strawberry cream to your friends and family!

Strawberry Peppermint Cream

Strawberries are a unique fruit, if you stop to think about it. The famous English angler Izaak Walton attributed the following quote to Dr. William Butler, “Doubtless God could have made a better berry, but doubtless God never did.” There’s much to be said about that! Strawberries have long been atop the mountain of fruit and berry popularity. Their nutrition and succulent taste have thrilled youngsters and oldsters alike for many hundreds of years.



Milk cows, too, have been part of the sustaining dietary pillars holding up economies and agricultural subsistence throughout history. So, what do milk cows and strawberries have in common? Well, this recipe for starters! Add some peppermint to strawberries and cream and voila! You get strawberry peppermint cream! This is another sure-to-please unique strawberry recipe.

The refreshing zing of freshly-ground peppermint makes this delicious recipe worth adding to the regular menu rotation. Be advised, however, that raw egg whites are called for. That does carry some risk of food-borne illnesses like salmonella food poisoning. So, I do not recommend using this recipe if you purchase eggs from the grocery store as those tend to come from filthy chicken houses. Free-range, clean, organic eggs are the safest and what you should use with this recipe. Even so, there is always at least a modicum of risk when consuming raw foods.

Strawberry Peppermint Cream Recipe Ingredients

2 cup of fresh strawberries
1 cup of whipped cream
1 and 1/2 cups of yogurt
2 tablespoons of powdered sugar (extra sugar can be added if desired)
2 tablespoons of ground peppermint

Strawberry Peppermint Cream Directions

First, separate the egg white from the yolk. Second, whip the egg whites with the cream. Third, mix the whipped egg whites with the yogurt and add the sugar. Fourth, quarter the strawberries and stir them carefully into the mixture. Finally, pour the mixture into bowls and sprinkle the ground peppermint over the tops of each. This recipe makes four servings. Enjoy!

Recipe Notes

This recipe is delicious, but it should be eaten immediately and completely. Due to the use of raw ingredients, it is not recommended to store leftovers for later consumption. This strawberry mint cream recipe can be used as a fruit dip also. To accomplish this, simply abstain from quartering the strawberries and adding them to the mixture. Complete the rest of the recipe and use whole or halved strawberries to dip into the peppermint cream!

Strawberry Custard Recipe

Custard is a holiday season staple for many families. With the plethora of other spices used to heighten the senses around the holidays, why not spruce up your traditional custard by replacing it with this strawberry custard recipe? Truly a delight, it will satisfy the traditional requirement while making those who partake excited to head back for more.

Deliciousness is summed up by the word “custard.” Creating this strawberry custard will bring smiles to faces in as many places as you fix it. The good thing about this recipe is that it is easily served by putting it into individual custard cups. Be prepared to have a new favorite!



Strawberry Custard Recipe: Ingredients

- 2 cups of fresh sliced strawberries
- 4 eggs
- 2 & 1/3 cups of milk
- 1/2 cup of sugar
- 1/2 teaspoon of almond extract
- ground cinnamon
- whipped cream

Strawberry Custard Recipe Directions

Lightly beat the four eggs in a medium mixing bowl. Then, stir in the almond extract, sugar, and milk. Add 1 & 1/2 cups of strawberries and stir them in. Put custard cups (6 oz) in a 9- by 13- by 2-inch baking pan. Evenly divide the custard mix into the cups, sprinkle the tops with cinnamon, and then pour boiling water into the pan around the base of the cups up to one inch.

Bake the strawberry custard at 325 degrees Fahrenheit for 50 minutes to one hour (until a tester comes out clean). Place in the refrigerator to chill. Once chilled, add whipped cream as desired and garnish the custards with the remaining sliced strawberries. This recipe makes six servings.

Strawberry Fudge Recipe

Ah, yes. Strawberry fudge. Of course, like most strawberry fudges, this strawberry fudge recipe is not the same type of confection that you buy in fudge shops around the world and normally associate with chocolate. This strawberry fudge is for those with a sweet tooth the size of Mount Olympus. If you are the type of person who can sit down and eat a whole package of pixie sticks, this strawberry fudge recipe is for you! Ok, maybe that is exaggerating a bit, but this is truly a sweet treat.



Strawberry fudge is more of a candy than a fudge. It does not set as firmly as the typical chocolate fudge does and is considered sweeter by most who try it. It is particularly delighted in by youngsters, but oldsters with a sweet craving will find it delicious as well. This strawberry fudge recipe is easy to make and is a great dessert when served cut into small squares after dinner. One great thing about this recipe is that it can be served as small pieces allowing it to be spread around to many diners or guests.

Strawberry Fudge Recipe: Ingredients

- 1 and 3/4 cups of fresh sliced strawberries
- 3 cups of white sugar
- 1 can of evaporated milk (12 fl oz)
- 2 tablespoons of butter
- 2 tablespoons of lemon juice

Strawberry Fudge Recipe Directions

Begin the preparation for this strawberry fudge recipe by buttering a 9x9 baking pan. Next, in a large saucepan, combine the evaporated milk, butter, and sugar. Boil the mixture over medium heat. While at a boil, stir in both the lemon juice and strawberries. With constant stirring, heat the mixture to between 235 and 240 degrees Fahrenheit (approximately 112 to 116 degrees Celsius). When a drop of the syrup dropped into cold water creates a soft ball that flattens on a flat surface when removed from the water, remove the saucepan from the heat source and rapidly spread the mixture in the 9x9 pan. Allow the strawberry fudge to cool prior to cutting and serving. Placing it in the refrigerator can speed the process.

Recipe Notes

This strawberry fudge recipe has a great flavor. Frozen sliced strawberries can be used instead of fresh, if necessary, and the strawberries can be pureed, crushed, or cubed.

Strawberry Fudge Indulgence

Everyone knows life is short. 'Tis but a vapor or fleeting breath. Someday, somehow, your body will end up as worm food or ashes, just like everyone else. Everyone will kick the bucket, rest in peace at room temperature, and cash in one's chips for the last time. So, instead of fighting the Grim Reaper, why not ignore him instead? Well, ok, as with everything moderation is the key. But, if you've been a good boy or girl recently, this strawberry fudge indulgence recipe is sure to be a suitable reward!



So, instead of buying the farm, try shopping for the ingredients to make this beauty of a dessert instead? Whilst you still have breath in your lungs, let the only sticky end you come to be the finishing of this confectionery marvel. Then, you'll be able to take the largest chunk of fudge and "bite the big one" in that sense...instead of biting the dust!

As a sage screenwriter wrote into the Shawshank Redemption, you "either get busy living or get busy dying!" Live a little, eh! This super sweet, rich recipe will help you do just that.

Strawberry Fudge Indulgence Ingredients

2 cups of strawberries
12 oz milk
3 cups of sugar
2 tablespoons of butter
2 tablespoons of lemon juice
1/4 teaspoon of salt

Strawberry Fudge Indulgence Recipe Directions

Wash and hull the strawberries. Then, slice them into thin sections about 1/4 of an inch thick and then quarter each slice to make smaller chunks.

Combine the milk, sugar, butter, and salt in a large saucepan over medium heat and bring to a boil while stirring continuously. When boiling, stir in the strawberry chunks and lemon juice. Use a candy thermometer to monitor the temperature while you continue to stir over medium heat. When the fudge reaches 235 degrees Fahrenheit, remove the fudge from heat and spread it evenly in a buttered or greased 8x10 inch pan.

Allow the fudge to cool prior to cutting and serving.

This recipe makes twelve pieces of blissful indulgence.

Chocolate Strawberry Fudge Deluxe

Hard working folks need a break every now and again. Kicking back with a cool strawberry beverage during the first hot days of summer will do just fine for the break a hard charger like yourself needs. But, if you want to do break time right, this chocolate strawberry fudge deluxe recipe is the way to go. When you combine the delicious melt-in-your-mouth goodness of a fresh batch of strawberry fudge with a sweet jacket of the world's favorite sweet, chocolate, you get bite-sized morsels fit for the Ritz or any other 5-star locale.



Well, hey, with the amount of deluxe you'll experience after whipping up this fan favorite, you'll have enough to make even a back porch feel like a 5-star locale. So, grab the tools of the trade, the ingredients, and get ready for a glamorous taste experience...no matter where you may find yourself!

You won't regret your decision to make this superb rendition of strawberry fudge. It makes a splendid dessert or even a tasty snack. Be sure to have some paper on hand if you serve it to guests, however. Everyone who tries it will ask you for the recipe!

Chocolate Strawberry Fudge Deluxe Ingredients

2 ounces of strawberry syrup
2 cups of sugar
1/2 cup of butter
4 ounces of milk
4 ounces of semisweet chocolate

Chocolate Strawberry Fudge Deluxe Recipe Directions

Butter a 9 x 9 baking pan.

In a large saucepan, combine the strawberry syrup, butter, milk, and sugar, and place it over low heat. Gently bring the mixture to a boil while stirring constantly. Using a candy thermometer for accuracy, continue to boil the contents in the saucepan until the temperature reaches 235 degrees Fahrenheit. When the temperature target is reached, remove the saucepan from the heat source and continue to stir until the bubbling stops. Beat the mixture rapidly with a large spoon while the mixture cools and thickens. Pour the cooled fudge into the prepared buttered baking pan.

Allow the strawberry fudge to cool completely. Then cut into small squares or shapes of your choosing. Place a toothpick through each cut piece.

Melt the semisweet chocolate. Hold the toothpick and dip the strawberry fudge into the chocolate to give it an even coating. Place each of the chocolate covered strawberry fudge morsels on a sheet of wax paper or cookie sheet and place them in the refrigerator to finish cooling and setting. Remove when ready to serve!

Recipe Notes

This chocolate-covered strawberry fudge recipe makes a great addition to any feast. Try sprinkling peanut or almond pieces over the outside of the still-warm chocolate prior to cooling. Or, for extra zip, try rolling the freshly-dipped chocolate in a dish of brown sugar.

Strawberry Mousse Recipe

Once one has tried strawberry mousse, it usually finds its way back into the gustatory apparatus on multiple future occasions. If you are one of the fortunate folks to have tasted this light delight and are looking for a strawberry mousse recipe, you can stop looking now. This strawberry mousse recipe is a wonderful dessert and an excellent cap to any dining experience.



Whipped goodness. That is what strawberry mousse is. One of the best aspects of this strawberry mousse recipe is that it takes very little time from beginning it until it is ready to eat. If you are busy and still want a taste of superb strawberry flavor, this strawberry mousse recipe is a must-try. It only takes approximately 15 minutes of preparation before this simple treat is ready to eat.

Strawberry Mousse Recipe: Ingredients

1 quart of fresh strawberries
1 pint of heavy cream
6 egg whites
3 tablespoons of sugar

Strawberry Mousse Recipe Directions

Place the strawberries into a food processor and chop them until only a few chunks are left (be careful not to liquefy them completely), then stir in the sugar. Get two mixing bowls. In one bowl, whip the cream until stiff peaks form. In the other bowl, whip the raw egg whites until stiff peaks form. Fold the whipped cream into the strawberry/sugar mixture, and then fold the whipped egg whites in as well. Divide into four containers (parfait glasses work well) and serve right away or allow it to chill for an hour for a thicker mousse.

Recipe Notes

This strawberry mousse recipe makes four servings.

Since this strawberry mousse recipe contains raw eggs, anyone who has problems with their immune system should abstain. Also, pregnant women, the elderly or infirm, and young children should also avoid it. Two ways to minimize microbial dangers are to buy and use only eggs from free-range chickens and to place each egg into boiling water for 30 seconds prior to using.

Quick Strawberry Mousse

Nothing screams “SUMMERTIME” like strawberries. That is surely no secret. With strawberry festivals and shortcakes and 4th of July celebrations, warm temperatures bring forth the bounty of strawberry plants. Many hours spent hunched over rows upon rows of strawberries at pick-your-own farms result in overflowing baskets of bright, sweet berries. And, that is where this tome helps! With *The Simply Sensational Strawberry Cookbook* in hand, you’ve got many fine recipes that will ensure you’ll have tasty ways to use those abundant strawberries each and every year. Why not make a start with this quick strawberry mousse recipe? Why not indeed!



Believe it or not, many people have never had a mousse of any kind. In a world of McDonald’s and Burger King, the milkshake and ice cream cone reign supreme when it comes to desserts. Throw in a cookie or some such ubiquitous sweet, and you’ve just about exhausted the repertoire of desserts readily available. Well, whip this up and break the trend. It is sooo worth it!

Quick Strawberry Mousse Ingredients

- 1 cup of strawberries
- 1 cup of cream cheese
- 2 eggs
- 1 lemon
- 1/2 cup of sugar
- 5 gelatin leaves

Quick Strawberry Mousse Recipe Directions

Wash and hull the strawberries. Then, juice the lemon and set aside the fresh juice. Separate the eggs, then soak the gelatin leaves in cold water for at least 5 minutes, then squeeze out all the extra water and place them in a saucepan. Blend 2/3 of the strawberries until they are smooth and of an even consistency. Add the cream cheese, lemon juice, and sugar to the blender and then blend for 15 more seconds. Melt the gelatin leaves over low heat. When melted, add them to the strawberry mixture and blend for 5 more seconds. Put the entire mixture into the refrigerator and wait until the mousse starts to firm with the gelatin. At that point, beat the egg whites and add them to the mixture, gently mixing it in. Return the mousse to the refrigerator at this point, and wait 3 hours. After cooled, distribute the mousse into dessert bowls and use whole strawberries to garnish.

This recipe makes 4 delicious servings!

Additional Notes on this Strawberry Recipe

Since this recipe calls for raw eggs, be sure to use only eggs from healthy chickens. Avoid using eggs from large confinement operations, opting instead for organic eggs from free-ranged chickens. Pregnant women or those who are immunologically compromised should avoid using raw eggs altogether. This recipe makes a great summer snack or dessert. It goes especially well with bright and sunny days and parties by the pool!

Chocolate Strawberry Mousse Recipe

Some things are meant to be together: Dr. Seuss and anapestic tetrameter, Mr. Rogers and his sweater, Barbie and Ken, Adam and Eve and fig leaves, and, of course, strawberries and chocolate. You've landed in a great spot for *one* of these famous pairs. You will have to find a Cat in a Hat elsewhere; and no neighborhood-building tools will be forthcoming (unless you make everyone on the block this fantastic mousse!); and Barbie and Ken are hopelessly narcissistic; and, unless you pair them with strawberries, figs can find their way into their own recipe somewhere else. But chocolate? Yes ma'am! Chocolate and strawberries go better together than Egypt and pyramids, and may just bump apple pie out of the way when it comes to America as well!



Seriously though, all clichés aside, this dessert recipe will have you squealing with delight after the first nibble. So, grab your gear, corral your ingredients, and get going! The sooner you make this fantabulous chocolate strawberry mousse recipe, the sooner you will find that elusive taste nirvana.

Most folks agree that the hardest part of making any recipe with chocolate in it is not eating it all before the finished product is complete. So, why not set aside a few strawberries and some chocolate and nibble a bit here and there as you work. It will be a true foretaste of things to come!

Chocolate Strawberry Mousse Ingredients

- 2 cups of strawberries
- 2 cups of whipping cream
- 1 cup of semi-sweet chocolate chips
- 1/4 cup of sugar
- 3 tablespoons of orange juice
- 3 tablespoons of filtered water
- 1 cup of semi-sweet chocolate chips
- 1 teaspoon of vanilla

Chocolate Strawberry Mousse Recipe Directions

Wash and hull the strawberries. Then, cut them in half. Place the strawberries and orange juice in a bowl, then cover and refrigerate.

In a small saucepan, mix the water with half of the sugar and bring it to a boil. Reduce the heat and simmer for one minute. Blend the chocolate chips in a blender and add the hot sugar mixture, being careful not to burn yourself. Blend until the chocolate is smooth and melted evenly.

Whip one cup of the whipping cream in a medium bowl, then use a spatula to fold the chocolate into the cream and blend it together thoroughly. Cover the bowl and refrigerate for approximately 24 hours, or until firm.

When ready to serve, whip the rest of the whipping cream until soft peaks form, beat in the remaining sugar and the vanilla.

Layer the mousse, whipped cream, and strawberries. Serve in dessert bowls or cups.

Strawberry Tart Recipe

Grownups and kids around the world love strawberry tarts. So, why not indulge with this strawberry tart recipe? Sure to please even the most discerning palate, this easy strawberry tart recipe is a breeze to whip up and even easier to snarf down. While excellent as an after-a-meal dessert, these can also be eaten as breakfast or with a meal. They are versatile and delectable!

These strawberry tarts are so easy to make, even a bumbling couch potato husband or attention deficit person can find tasty success! Gather the ingredients below, follow the directions, and you've got winning strawberry tarts.



Strawberry Tart Recipe: Ingredients

- 3 cups of fresh strawberries
- 12 prepared, baked tart shells (4 inch)
- 2/3 cup of sugar
- 2 and 1/2 tablespoons of cornstarch
- 1 cup of apple juice
- 1 pinch of salt
- Whipped cream

Strawberry Tarts Recipe Directions

Wash and de-cap your fresh strawberries and then set them off to the side. Next, prepare the glaze by blending the sugar, salt, and cornstarch and then stirring the blended mixture into the apple juice. Cook the resultant mixture over medium heat until it is thick and smooth. Be sure to stir constantly. After it is smooth, let it cool for ten minutes. While the glaze is cooling, arrange your strawberry tart shells. When the glaze has cooled, spread a small amount into the bottoms of each strawberry tart shell. Slice the strawberries in half and arrange them on top of the glaze so that the shells are filled. Spoon the remainder of the glaze over the strawberries so that they are well-covered. Place the tarts in the refrigerator for three to four hours. Serve with whipped cream on top.

This strawberry tarts recipe makes twelve tarts.

Strawberry Cream Cheese Tart

Looking to spice up the menu with a tasty treat? Fantastic! This strawberry cream cheese tart recipe will do the trick. While there isn't anything tricky about it (it is actually quite simple), the zip that the cream cheese adds to the hallowed flavor and renowned sweetness of the best berry in the world makes for a fine combination. Savory and simple save the day!



This tart recipe is actually quite versatile. If you aren't too stodgy to give it a try, experiment with this recipe as a breakfast or even as a sweet side dish with lunch or dinner. Of course, there is always stomach real estate that can be occupied by this sampling of yummy, even at midnight!

Strawberry Cream Cheese Tart Recipe Ingredients

- 1 cup of strawberries
- 4 tablespoons of strawberry jam
- 9-inch frozen pie crust
- 1/2 cup of cream cheese
- 1/2 cup of crème fraîche (sour cream can be substituted)
- 2 tablespoons of honey
- 2 tablespoons of chopped nuts
- 1 tablespoon of powdered sugar

Strawberry Cream Cheese Tart Directions

First, wash and hull the strawberries. The strawberries can be used whole, sliced, halved, or quartered, depending on your preference. Next, bake the pie crust according to the instructions on the package. When finished, set it aside and allow it to cool for 15 to 20 minutes.

Next, mix the cream cheese, honey, and crème fraîche thoroughly. Put the mixture into an icing bag and chill it in a refrigerator for approximately 20 minutes.

Take the cooled pie crust and evenly spread the jam onto it. Take the chilled icing bag and distribute the cream cheese mixture onto the pie crust over the jam. Place the prepared strawberries on top of the cream cheese mixture in any form or fashion you please. Finally, sprinkle the chopped nuts and powdered sugar over the top to decorate and add taste accents. Serve and enjoy the completed strawberry cream cheese tart!

This recipe makes six servings.

Recipe Notes

This strawberry cream cheese tart makes for a wonderful component to any meal. However, any time you are going to be using nuts and have company over, either check with them or notify them of that fact. Some people are seriously allergic to various nuts. The last thing you need is to induce anaphylaxis in one of your guests! Pistachios, cashews, peanuts, and even Brazil nuts can really accent this recipe well, so be creative! Also, a common substitution is to swap out the crème fraîche for sour cream. Be aware, however, that if you make that swap the sour cream is a little more sour than the crème fraîche usually is.

Super Simple Strawberry Tart

I doubt seriously that the fine folks who painted all those drawings of buffalo hunts on cave walls could have fathomed modern appliances and the internet. But, fortunately for you, you aren't a caveman. But, this super simple strawberry tart recipe is so easy to make, even a caveman could do it. While you are no caveman, you likely have aspiring balls of destruction running about your house as we speak. I like to call those present-day wall-painters "kids." If yours are like mine, they have a knack for scribbling all sorts of designs on the walls of your "cave." Instead of fighting the creative urge in your kids, why not put them to work helping you whip up this rewarding strawberry tart. Hunt and gather all the ingredients, and put your clan to work!



Most strawberry tarts are easy to make. This one, however, is especially easy and well-suited to teaching youngsters how to navigate in the kitchen due to the fact that a pre-made pie crust is used. If you scoff at such shortcuts, feel free to make your own!

Super Simple Strawberry Tart Ingredients

- 3 cups of strawberries
- 1 pie crust (9-inch, frozen)
- 8 ounces of softened cream cheese
- 1/2 cup of sugar
- 2 tablespoons of milk
- 1 teaspoon of vanilla extract

Super Simple Strawberry Tart Recipe Directions

First, bake the pie crust according to the instructions included on the package, and set it off to the side to cool.

Wash and hull the strawberries. Slice them into medium slices.

In a large mixing bowl, beat together the cream cheese, milk, sugar, and vanilla extract until the mixture is smooth. Transfer the mixture into the cooled pie crust, and spread it evenly around in the crust. Arrange the sliced strawberries on top of the mixture, either stacking them or pressing them into the mixture so that the tips protrude upwards. Place the finished tart into the refrigerator for at least one hour prior to serving. This recipe makes 6 delicious servings!

Recipe Notes

See how easy this is? Cavemen, eat your hearts out...but not literally. Get your kids in on the preparation action, and everyone will have a blast making and eating this treat.

Marshmallow Strawberry Tart Recipe

Everybody loves Kung Fu fighting. Or at least Carl Douglas would have everyone think that. Whether or not your kicks are fast as lightning, however, will likely depend if you have enough energy. If you are looking for something to fuel your inner fire so you can trick black-clad karate bad guys with the ol' crane kick, or if you are just looking for something absolutely delicious to choke your taste buds into submission, this marshmallow strawberry tart recipe will help you find your focus. After one bite, however, you'll likely not be able to focus on anything else. Yes, it is *that* good. In fact, if you want to wear your kitchen black belt with pride and take down all challengers, make this recipe soon. You'll be glad you did. And, all your little Ralph Macchio wannabe, samurai sword-wielding kids will thank you. Heck, even Mr. Miyagi would be pleased with this one. And, no, you won't have to spend years in the kitchen earning this one; it is rather easy to make!



Flying roundhouse kicks aside, this recipe packs a serious punch. The fantasmic blend of light marshmallow goodness and the succinct and flavorful jabs of strawberry aroma are a taste knockout. So, grab your ingredients, choke slam them onto the counter (gently), and beat this recipe until it cries uncle!

Marshmallow Strawberry Tart Ingredients

- 2 cups of strawberries
- 2 cups of marshmallows
- 2.5 cups of rice cereal
- 1 package of instant vanilla pudding
- 1.5 cups of milk
- 2 tablespoons of butter
- 1 cup of whipping cream
- 1 tablespoon of maple syrup or flavoring
- 1 tablespoon of sugar

Marshmallow Strawberry Tart Recipe Directions

Wash and hull the strawberries. Pat them dry and then set them aside.

Preheat your oven to 350 degrees Fahrenheit.

On low heat, melt the butter in a large saucepan. Add the marshmallows and stir until they are all melted. Remove the saucepan from your heat source and stir in the rice cereal until it is well-mixed. Pat the mixture into a greased 9-inch pie pan. Place the pan into the oven and bake for 10-12 minutes or until golden. Remove and allow to cool for a few minutes when done.

In a mixing bowl, blend the whipped cream, maple syrup or flavoring, milk, and instant pudding on high speed until stiff peaks form. Spoon the mixture into the pie pan on top of the crust.

Place the washed strawberries into the cream filling, sprinkle the sugar over the strawberries and top of the filling, and serve to all your little ninjas! This recipe makes 8 delicious servings!

Salacious Strawberry Coconut Tart

When looking for the perfect recipe, mediocre just won't cut it. Who wants to labor in the kitchen only to have a frumpy, bland, boring concoction come out for consumption? Nobody, that's who. When a culinary artist slips the implements of professionalism onto his or her body, that apron or smock and baking hat become the armor needed to vanquish boring and forgettable dishes to the nether-realm.



This salacious strawberry coconut tart recipe is fit for a king...or a family. You won't have to joust with a spouse OR a toddler to get them to eat this. In fact, you may just be heralded as Savior of the Kitchen and knighted Sir Cook by whoever holds royal sway in your humble abode...or castle.

While lofty language and high society may not deign to visit your keep if they aren't milling around to get a sniff of what's on the menu, this recipe is fit for a king. Make it and see: you'll feel much more important while quaffing these!

Salacious Strawberry Coconut Tart Ingredients

- 2 cups of strawberries
- 6 eggs
- 1 cup of sugar
- 3/4 cup of flour
- 1 teaspoon of baking soda
- 1/3 cup of coconut flakes or shredded coconut
- 3 cups of cream
- 2 packages of vanilla sugar
- 12 gelatin sheets
- 1 cup of chocolate sauce or chocolate syrup

Salacious Strawberry Coconut Tart Recipe Directions

Set the oven to 350 degrees Fahrenheit to preheat. While the oven is warming, wash and hull the strawberries. Gently pat the strawberries dry and set them aside.

For the Dough:

Separate the egg whites from the yolks. Add the yolks, 3/4 cup of sugar, and 3 tablespoons of warm water to a mixing bowl and stir until the mixture is frothy and uniform.

Whisk the egg whites until stiff peaks form.

Mix together the baking soda, flour, and one tablespoon of the coconut. Stir that mixture into the egg yolk mixture and then gently add the stiff egg whites.

Place the dough onto a baking tray (place parchment paper on the baking tray to avoid excessive sticking). Bake for 10-12 minutes, or until golden.

For the Cream:

Cube 2/3 of the washed, hulled, and dried strawberries. Thinly slice the other 1/3 of the strawberries.

Whip the cream, adding the rest of the sugar, the vanilla sugar, and two tablespoons of coconut flakes. When whipped, gently stir in the strawberry cubes. Following the instructions on the package of the gelatin sheets, dissolve the 12 sheets and fold them carefully into the cream.

Finishing:

When the dough is finished, spread 2/3 of the chocolate sauce (or syrup) over the tart and sprinkle coconut flakes over it. Cover with cream. Place the sliced strawberries on top of the cream. Drizzle the remaining 1/3 of top of the garnishing sliced strawberries and cream.

Cut evenly and serve to the drooling serfs!

No Bake Strawberry Cookies

Let's face it: very few people like to slave away in the kitchen for hours on end baking and making and generally slaving to create pleasures that disappear into a gulping maw as a mess of swallowed mouth mush. However, there is great deal of pleasure to be had in the gulping of said mouthfuls of tasty mush. Everyone likes cookies. Everyone likes candy too. Everyone likes strawberries! So, why not roll all three of those things into a recipe that takes virtually no slaving away in the kitchen?



Voila! Here is your answer! This no bake strawberry cookies recipe is perfect for any individual who doesn't want to spend time waiting on ovens to preheat or looking for rarely used kitchen implements. All this beauty of a recipe takes is a set of hands, a bowl, and a few minutes. So, if you are looking for a great uncooked strawberry cookies recipe, this one is your huckleberry!

This recipe is great for the kitchen inhabitant that wishes to find themselves living elsewhere pronto. If you aren't in too much of a hurry, however, you can also take the time to use some green food coloring and slivered almonds to make some "strawberry stems and leaves" to fill out the strawberry theme. Simply shape the cookies into strawberry-shaped ones, and put the green almonds at the top for decoration as stems and leaves!

No Bake Strawberry Cookies Ingredients

- 1 cup of strawberries
- 2 packages of strawberry jello
- 1 cup of chopped pecans
- 1 cup of fine coconut
- 3/4 cup of condensed milk
- 1/2 teaspoon of vanilla
- red decorative sugar
- green decorative sugar

No Bake Strawberry Cookies Recipe Directions

Wash and hull the strawberries, then cut into small cubes. The cubed strawberries can either be mixed with the other ingredients in the following step, or can be used to decorate the exterior of the strawberries after the last step. Mix all the ingredients except the decorating sugar together. Allow to sit for a few minutes, then shape into strawberries, or whatever other shape you please. Roll the sides of your strawberry cookies in the red sugar, leaving the top portion free of red sugar. Upright the cookies and press the tops into the green sugar. If desired, put the green-dyed almonds on the top as leaves, or gently press the cubed strawberries into the surface of your berries.

Serve and enjoy!

Recipe Notes

This no bake strawberry cookies recipe makes a great dessert or special snack treat. It tastes great regardless of the color of sugar as well, so you can use red, white, and blue colors and shape into American flags for the 4th of July, or make Christmas wreath-shaped uncooked strawberry cookies during the holiday season.

Strawberry Chocolate Yogurt Masterpiece

There are a bazillion recipes out there that call for using strawberries (in some form or fashion) with chocolate. And that is just as it should be. Whether it is chocolate covered strawberries or a two-flavored frozen yogurt cone with chocolate and strawberry sides intertwined all the way up the swirl, these two tastes are meant to go together. But, there is a difference between throwing any chocolate together with any strawberry and this recipe.



This recipe is a masterpiece.

Oh, sure, I can see the eyes rolling now. But you don't have to take my word for it. Make it and see. The delicate chocolate overtones with the yogurt and sweet strawberries prove it to be wonderful to any tongue that tastes it. So, get ready to make this masterpiece and become the Picasso of the Kitchen. Get your artistic kitchen utensils ready and get to work preparing this work of art. Your taste buds will rejoice, as will all your companions!

Strawberry Chocolate Yogurt Masterpiece Ingredients

- 1 pint of fresh strawberries
- 1/3 cup of sugar
- 3 additional tablespoons of sugar
- 3 egg yolks
- 1 teaspoon of vanilla extract
- 1 tablespoon of brandy
- a pinch of nutmeg
- 2 cups of plain yogurt
- 2 tablespoons of sliced almonds
- chocolate shavings

Strawberry Chocolate Yogurt Masterpiece Recipe Directions

Wash and hull the strawberries. Cut them into halves. Combine the hulled strawberries into a bowl with 3 tablespoons of sugar, cover, and allow to stand for at least 15 minutes.

In a separate mixing bowl, prepare the topping by beating the egg yolks, 1/3 cup of sugar, vanilla, nutmeg, and brandy together until the mixture is uniform and smooth. Fold the yogurt into the mixture.

Spoon the strawberries equally into four bowls or sorbet dishes. Cover the strawberries with the yogurt topping, then garnish with the almonds and as much shaved chocolate as you wish.

Serve and enjoy!

Additional Notes on this Strawberry Recipe

This recipe makes a great “shocking” dessert. It's unique flavor profile manages to mix the mundane or familiar with exotic overtones to create a taste that will make people stop and take note.

Balsamic Strawberry Truffles Recipe

For those devotees of the mythical land of Narnia, allow me to put the splendor of this recipe into appropriate context for you. Without the negative allegorical associations, this balsamic strawberry truffles recipe will cause one to ponder its supremacy over the seductive Turkish Delight treats used to lure young and wayward little boys into the clutches of the dark, yet white, destructive powers. Of course, if you've never read the classic tale contained within the pages of *The Lion, the Witch, and the Wardrobe*, you've undoubtedly no context whatsoever for that introduction. Suffice to say, this recipe will result in a fantastic creation likely to cause your taste buds to cling tenaciously to each bite. Eat them in the hot, baking sun during the middle of summer, and the cool breezes of refreshment will gently caress your hair. Eat them in the middle of winter, and you won't even have to wait for Punxsutawney Phil to pop his little gopher head up out of his hole and look for his body's blockage of sunshine; for when these are consumed in the cold, white winter, spring bursts forth. Turkish Delights can take a back seat to these beauties!



This recipe is fantastic any time of year, but there is something about the holidays that brings a little bit of extra oomph to this recipe. Try them during the Christmas season especially!

Balsamic Strawberry Truffles Ingredients

1/4 cup of dehydrated strawberries (you can use a dehydrator or sun dry them)
20 ounces of dark chocolate (70% cocoa recommended)
1 cup of cream
1 table spoon of balsamic vinegar
1 teaspoon of cornstarch
1 tablespoon of sugar

Balsamic Strawberry Truffles Recipe Directions

First, obtain dehydrated strawberries. You can wash, hull, slice them yourself and then dehydrate them in a dehydrator or sun dry them, or you can just buy them freeze dried or already-dehydrated. Once you've acquired your dehydrated berries, move along to the rest of the recipe:

Measure out approximately 12 ounces of the chocolate, and break them into small chunks. Put the chunks into a blender and pulse them into very fine bits.

Bring the cream to a simmer over medium heat while stirring continuously. Remove cream from heat and allow to cool until no longer simmering. When the cream is still hot (but not simmering), add the balsamic vinegar to the cream.

Add the vinegar and hot cream to the chocolate bits in the blender and blend for fifteen seconds. Pour the resulting ganache mixture into a loaf pan, cover, and allow it to cool. When it is room temperature, the truffle mixture should have set to a firm consistency. At that point, cover it well and refrigerate it for 2-3 hours.

After refrigeration, use a large tablespoon (a melon baller actually works best) and make/form the truffles. Set the formed truffles aside as they will be coated with chocolate shortly.

Prepare a double boiler; then chop up the rest of the dark chocolate and heat the chocolate carefully until it is melted. Once melted, remove the chocolate from the heat and stir it to assist cooling. While the chocolate is still warm (but not hot), roll the formed truffles in the chocolate until thinly coated.

Next, blend the dehydrated strawberries until they are finely ground, almost a powder. Add the corn starch and sugar and stir. Place the strawberry starch sugar powder into a bowl.

Place the chocolate-coated truffles into the bowl with the powder and gently shake them around until well-coated. Allow sufficient time for the outer shell to set before removing the finished truffles from the bowl (best to allow 15 minutes here). Once set, carefully remove the truffles and place them onto a sheet of wax paper or a non-stick cookie sheet.

Place them into the refrigerator for 15 more minutes to finish the setting process.

Then, try not to eat them all at the same time!

Recipe Notes

This balsamic strawberry truffles recipe makes a great dessert. It is rich and creamy and better than any store-bought cookie. Put them out at Christmas, and they will vanish faster than you can say “Rudolph the Red-Nosed Reindeer.”

Fast Chocolate Covered Strawberries Recipe

It may seem like a tedious and daunting task to create your own chocolate covered strawberries. Especially around Valentine's Day, many boxes of snazzy and beautiful gourmet chocolate covered strawberries are created by confectioners for people to give to one another as tokens of love or affection or appreciation. When the exquisite appearance is marred by teeth marks, the consumer tends to get even more happy than previously when the eyes were beholding the beauty of choco-strawberry yumminess. Bite-sized (for those with large oral capacities), bursting with juicy richness, and melding flavors perfectly, chocolate and strawberries seem to be made to go together.



So, for those too frugal to break the bank for the high-dollar, top-of-the-line dressed up chocolate strawberries, this recipe is for you. Plus, few normal working people have the time to spend hours in the kitchen drizzling patterns over uneven surfaces. This fast chocolate covered strawberries recipe will give you all the goodness without all the tedious work.

Chocolate Covered Strawberries Ingredients

12 fresh strawberries with stems intact
6 ounces of semi-sweet chocolate chips

Fast Chocolate Covered Strawberries Recipe Directions

Wash and thoroughly dry your strawberries, but leave the stems/hulls intact. Place the 12 dry strawberries in the refrigerator so that they will be chilled when ready for the chocolate covering. Line a baking sheet with no-stick parchment paper or wax paper. Next melt the strawberries. You can either use a small saucepan and stir over low heat until completely melted or use a microwave. If you use a microwave, put the chocolate chips into a microwaveable bowl, heat for thirty seconds, remove, stir, and repeat for another 30 seconds. Continue at 30-second intervals until all the chips are melted and smooth. Once your chocolate chips are melted into a smooth puddle, remove the strawberries from the freezer. Holding each by the stem, gently dip them into the chocolate while letting the excess drip back into the bowl/saucepan. Once dipped, place the now chocolate-covered strawberries onto the baking sheet. Try to do this as quickly as you can until all 12 strawberries are coated evenly. Then, put the baking sheet into the refrigerator, and allow them to cool for at least 30 minutes. When the timer dings, pull them out and eat them up! Obviously, this fast chocolate covered strawberries recipe makes 12.

Recipe Notes

It is important to use near-perfect strawberries if you are going for aesthetic appeal as well as tastiness. Strawberries that are excessively lumpy or bumpy will cause uneven coating and are also messier as additional chocolate accumulates in the crevasses on the surface of lumpy berries and will have a tendency to run off the fruit and onto your baking sheet or no-stick paper. Also, best results are attained when the strawberries are cold. The lower surface temperature of the refrigerated berries helps cool the chocolate more quickly on the initial dip, thus allowing quicker and more even coating. Do NOT freeze the berries, however. The frozen berries will lose their shape somewhat, and they will be soggy/squishy when eating instead of firm beneath the chocolate. You likely won't have to worry about this as they tend to disappear rather quickly, but you should eat the final product rather soon. After a few days in the refrigerator, they lose a bit of their appeal

Homemade Strawberry Ice Cream

I scream, you scream, we all scream for ice cream! If you are anything like most American sweet-toothers, you can put a hurting on as big a bowl of ice cream as you can spoon out of the container. When I was a wee lad, I got to satiate my sweet tooth each summer at a local homemade ice cream event. It was the pot luck of homemade ice cream. Strawberry, of course, was one of my favorites. If you have never experienced the singular pleasure of fresh, homemade ice cream, you need to stop what you are doing and make it. No kidding. Your life isn't complete until you've savored and slurped such sensational compositions!



As with just about all homemade ice cream recipes, this one is much quicker and easier if you have an ice cream maker/machine. But, such a fine invention is NOT required. You will find in the directions below how to make this recipe with or without an ice cream maker. So, you have no excuse! Grab the ingredients, and get busy!

P.s., if you like your ice cream smooth, like me, just puree the strawberries. If you like big chunks in your bowl, slice or halve the berries. And, if you like smaller chunks, simply chop the strawberries into cubes of your desired size.

Homemade Strawberry Ice Cream Ingredients

Strawberry Component Ingredients

1 pound of strawberries
1/3 cup of granulated sugar
3 tablespoons of lemon juice

Ice Cream Base Ingredients

2 cups of heavy cream
1 cup of milk
2/3 cup of granulated sugar
1 teaspoon of vanilla extract

Homemade Strawberry Ice Cream Recipe Directions

Wash and hull the strawberries. Either puree, slice, or cube them depending on your “chunky” preference. Mix 1/3 cup of sugar and the lemon juice in with the strawberries, then place them in the refrigerator for 2 hours (minimum).

For the ice cream base, dissolve the sugar in the milk. If you cubed or sliced the strawberries, drain them and add the juice to the milk mixture. Set the strawberries aside. Stir in the heavy cream and vanilla, and pour the resultant mixture into your ice cream maker. Mix it up according to the manufacturer's specific instructions for using your ice cream maker. Set a timer to alert you five minutes before the mixer is finished mixing. When the timer goes off, add the strawberries to the mix. If you want to save some for a fresh topping, do so. Allow the machine to mix for the final five minutes, then serve and enjoy!

If you don't have an ice cream maker...

Follow the instructions above until you reach the step where you would have poured the mixture into the ice cream maker. Instead, pour the ice cream mixture into a wide, airtight container. Wide bowls increase the surface area and help your ice cream freeze faster, which helps it have a smoother consistency. Metal bowls work slightly better than plastic due to the insulating properties of plastic, but either will do.

Chill the ice cream in the refrigerator for at least an hour. Once it is well-chilled, remove it from the refrigerator and place it in the freezer for 30 minutes. Following, remove it and beat the ice cream mixture with an electric mixer until it is smooth. At this point, the edges of your cream should have started to thicken. Be sure to mix the thickened edges also. This beating adds air to the mix and breaks ice crystals that have begun to form. If you don't have an electric mixer, a fork can substitute, but the ice cream will be more icy instead of smooth.

Put the ice cream back into the freezer for another 40 minutes, then beat again with the mixer. Repeat this cycle of freezing for 40 minutes, then beating with the mixer three full times. Including the initial 30 minute freeze, this will total 2 and 1/2 hours of freezing time. After three full cycles, the ice cream should be firm enough to "hold" the strawberry chunks or puree without it sinking directly to the bottom. If so, add them in and mix so that they are evenly distributed. At this point, you can choose to either continue this cycle until the ice cream is frozen, or you can just let it freeze the rest of the way without beating it further. The more you beat it, the smoother and softer the final ice cream will be. The total freezing time will be around 4-5 hours.

Once it is frozen, eat it slowly! Otherwise, you'll get a freeze headache that will make you think someone sneaked up on you and jabbed two ice picks behind your eyes.

Recipe Notes

This homemade strawberry ice cream recipe makes an awesome summer treat for the whole family. While it takes a bit longer to prepare if you don't have an ice cream machine, it is soooo worth the extra effort even without one.

Strawberry Nut Delight

Many a happy soul has delved into a delicious strawberry dish that easily dredged delight from the depths of culinary despair and diminished that dastardly devil called “hunger.” Nevertheless, nary a nut can usually be found frolicking in a frothy fruit treat proffered to tempt the most discerning tastes. Why do nuts and strawberries find themselves flailing against each other in the minds of master chefs far and wide? Who knows? But, it is time to banish such inane notions of gustatory glory and find the true radiance that comes from an olfactory-enhanced experience combining the flavorful aroma of strawberries with the full-bodied force of kernel power. Get ready, my friends, as this strawberry nut delight recipe will likely shift your expectations of what is right in the world. Overstated? You be the judge.



At this point, a hip-hip-hooray is in order! You have taken the first fantastic step in fixing a flavorful favorite for friends and family that will fling you forward as a food connoisseur. So, continue those fabulous footfalls and finish what you’ve started: this festive fusion of *Fragaria* fruit and nuts!

Strawberry Nut Delight Ingredients

- 1 cup of strawberries
- 1 cup of plain yogurt
- 1/2 cup of cream cheese
- 1/2 cup of sugar
- 1 tablespoon of lemon juice
- 1 tablespoon of maple syrup
- 2 tablespoons of almond slivers
- 1/4 cup of shelled pistachios

Strawberry Nut Delight Recipe Directions

Wash and hull the strawberries. Set four strawberries aside for garnishment. In a mixing bowl, mix together the yogurt and cream cheese. Add the lemon juice and sugar and again mix thoroughly. Slice the strawberries, then quarter the slices (or cube the berries, if you prefer). Add the pistachios and cubed strawberries to the mixture and gently stir in.

To finish, evenly spoon the mixture into serving bowls or dessert glasses. Sprinkle the almond slivers over the top, drizzle the maple syrup over the almonds, then place a strawberry in the center prior to serving.

Final step: step back and admire your creation before you serve up your magnificent *fait accompli* to those privileged individuals who are about to partake! This recipe makes 4 delicious servings.

Recipe Notes

This strawberry nut delight recipe makes a great “shocker” for parties and gatherings of all types. It appears delightful, but the alternatively crunchy and juicy bits within the sweet and smooth body of the dessert serve up even more opportunity for dopamine release in the pleasure centers of the brain. While *probably* not addicting, you may very well make it on a regular basis if you take the initial creative plunge!

Strawberry Blueberry Crisp

There are two things that everyone needs more of in life: love and strawberries. Yes, it is a proven fact; no, don't ask me for my studies backing it up. I mean, really, everyone loves strawberries, right?! So, there must be a mystical connection between the two. In the metaphysical realm, strawberries equal love. And, while I can't claim to be traipsing through the supernatural as we speak, so to speak, my speaking of strawberries and love must affect the metaphysical, for strawberries taste out of this world.



And, as you are tempted to go back and re-read that last paragraph, let me quell your sense of confusion. For, what was just written truly makes virtually no sense.

So, why introduce a recipe with a bunch of gobbledygook? Why, to demonstrate to even the slowest wit how ultimately practical and uber-sensical this recipe is, of course! This strawberry blueberry crisp recipe takes just minutes to prepare. And, since it will likely disappear in just seconds down the maws of minors and gullets of grownups in giant gulps, there is no need to spend hours in the kitchen for this one. If you have just a bit over one fifteenth of an hour at your disposal, you can have this one finished.

Blueberry and strawberry flavors were destined to be together. That's why they are both native the United States! Bake these two beauts up, and people will hail you as a masterful culinary creator...even if it just took you five minutes!

Strawberry Blueberry Crisp Ingredients

- 1 pint of fresh strawberries
- 1 pint of fresh blueberries
- 2 cups of granola
- 2 tablespoons of coconut oil
- 1 tablespoon of honey
- 1 tablespoon of brown sugar
- 1/2 teaspoon of salt

Strawberry Blueberry Crisp Recipe Directions

Preheat the oven to 375 degrees Fahrenheit.

Place the berries into an 8-inch square glass baking dish.

In a small Pyrex bowl, slightly heat the coconut oil until it is runny (will take very little heat), then add the honey, granola, and salt and stir until evenly mixed. Sprinkle the mixture over the berries in the baking dish. Then, sprinkle the brown sugar over the granola mix. Cover the dish with aluminum foil and bake for 30 minutes. Then, remove the foil and bake for another 10 minutes, or until the top is golden brown.

Remove the crisp from the oven, and serve it up warm or chill and then serve cold. This recipe makes 4 delicious servings!

Strawberry Fruit Bar Recipe

Whether the humans in your coterie will howl with joy at the smell of these delicious fruit bar squares or scream like banshees and charge the kitchen to get their paws on the first served fruit bar, this recipe will be cause for excitement. Like grandmother's best recipe from times long ago, this recipe will make your children's children yearn for the good old days of carefree youth when they are older and wiser (like you!).



So, as difficult as it may be to restrain yourself and the drooling hoards that appear in your kitchen when the scents begin to spread on the breezes, try to maintain civility, squelch the pushing, shoving, biting, and gnashing of teeth amidst your underlings, and gently herd the roiling masses to the table. And, of course, once this recipe emerges from the oven, be sure to serve them up quickly to avoid the degeneration of normally-civil folks and kids into a melee of flying utensils and weaponized silverware...

The aroma wafting from the oven as you bake these tasty treats will draw all the people within sniffing range to your kitchen. Like a pack of ravenous wolves hot on the scent of their prey, your own crew will nosh these like a bunch of wild animals!

Strawberry Fruit Bar Ingredients

- 1 cup of strawberries
- 1/2 cup of strawberry juice
- 1/2 cup of blueberries
- 1 egg
- 1 tablespoon of coconut oil
- 1 and 1/2 cups of flour
- 1/4 teaspoon of vanilla extract
- 1 teaspoon of baking powder
- 1 teaspoon of baking soda
- 1 tablespoon of sugar

Strawberry Fruit Bars Recipe Directions

Wash and hull the strawberries. Then, slice 1/2 cup of them thinly and set aside.

Preheat the oven to 350 degrees Fahrenheit. Grease an 8-inch baking pan.

Blend the rest of the strawberries together with the strawberry juice until smooth. Pour into a mixing bowl and beat together with the egg, vanilla, and coconut oil. Add the flour, sugar, baking powder, and baking soda. Beat thoroughly. Add the blueberries and remaining sliced strawberries to the mixture.

Spread the mixture into the baking pan and bake at 350 degrees for 20 to 25 minutes, or until browned. A toothpick inserted into the center should come out clean when finished.

Remove the done fruit bars from the oven and allow to cool prior to cutting into squares and serving!

Strawberry Rice So Nice

Sometimes unsuspecting food critics sit down to an unknown dish with skepticism brewing and bubbling like a volcano underneath the calm exterior. Criticisms are forming before the first nibble is taken. Well, if you know some such food pedant, abort their food snobbery with this little dandy of a recipe. One taste will silence the simmering skeptic like Alka-seltzer to a stomach that just finished a bowl of two-day-old chili with extra garlic and hot sauce. Really, it is *that* good.



If kids are around, you might want to banish them to the basement while you make it, or it might just get quaffed by the starving hoards before you even put the finishing touches on it. Rice pudding alone can't hold a candle to this fantastico recipe. Try it, and you'll be a believer thereafter.

To make this masterpiece, you don't need a ton of time. So, gather the ingredients and get started. The sooner you do, the sooner you can experience the mind-blanking awesomeness that comes with the first taste. All you will be able to utter when it hits up your taste buds is, "So nice!!!"

Strawberry Rice So Nice Ingredients

2 cups of strawberries
2 and 1/2 cups of milk
1/2 cup of rice
4 tablespoons of sugar
3 tablespoons of yogurt
1 tablespoon of strawberry juice or strawberry liqueur
lemon balm for decoration
1 vanilla bean

Strawberry Rice So Nice Recipe Directions

Use a sharp knife (or clean razor blade if you are very careful!) to slice the vanilla bean in half from tip to end. Set it aside.

Over medium heat, bring the milk to a boil and pour the rice in slowly while stirring constantly. Add 3 tablespoons of sugar while stirring. Scrape all of the dark pulp from the center of the vanilla bean into the mixture.

Reduce the heat to low, and allow the rice/milk mixture to simmer for another thirty minutes, stirring well every 2-3 minutes. After thirty minutes, allow the vanilla rice pudding to cool.

Wash and hull the strawberries. Puree all of the strawberries except 4 to be used as garnishment when completing and serving. Add 1 tablespoon of sugar and the strawberry juice/liqueur to the pureed strawberries.

Mix the rice pudding with the yogurt once cooled, and lightly press the mixture into four forms. Evenly divide the strawberry sauce onto four plates and invert the forms over each plate to deposit the molded rice mixture on top of the strawberry sauce. Garnish the strawberry rice so nice with a whole strawberry and a few leaves of lemon balm. Serve and enjoy! This recipe makes 4 delicious servings.

Strawberry Sorbet Recipe

If you love to exercise your hospitality genius and have guests over for dinner parties or holiday celebrations or really just about any other reason, you know the value of having a great recipe that brings forth the compliments and praise. This recipe is one such. Whether you go with heavy and filling dinner dishes or lighter cuisine, this strawberry sorbet recipe is just the perfect final installment to deliver an exclamation point to the taste buds of your guests that won't be soon forgotten.



The sweet, dissolving aspects of this dessert not only enhance the final memory of delightful tastes, but it also goes down smooth. The rapidity of sweet burst of flavor combined with the feel of frozen sweetness as it melts away is somewhat reminiscent of cotton candy. The volume is tantalizingly big, but the final result of the spun sugar fibers is a fast-dissolving burst of flavor. Enjoying this sorbet is similar: no matter how big a bowl you serve, it will be gone before you know it, and even the fullest belly can stand to sample another bite!

Grab your ingredients as listed below, and get started. The process takes less time if you have an ice cream maker available, but you can finish the recipe with or without one. Either way, this sorbet is amazing.

Strawberry Sorbet Ingredients

6 cups of strawberries
2 lemons
10 ounces of icing sugar
nylon sieve

Strawberry Sorbet Recipe Directions

First, wash and hull the strawberries. Then, crush them and rub them through the nylon sieve to remove the seeds.

Juice the two lemons. Add the juice from the two lemons to the crushed and strained strawberries and whisk in the 10 ounces of icing sugar.

Once the lemon juice, sugar, and strawberries are well mixed, pour the mixture into an ice cream maker and churn it until it is frozen. This is the easiest and quickest way, but if you don't have an ice cream maker you aren't out of luck with this recipe! Simply pour the mixture into a tray and then scratch the sorbet up into shards when it is almost solid. Place the shards back into the freezer and freeze it for an additional hour prior to serving.

The final texture will be smoother using the ice cream maker to churn until frozen, but both will be delicious!

Strawberry Jam Recipe

A large percentage of people go to pick strawberries straight off the strawberry plants do so to obtain enough to make their favorite strawberry jam recipe. Strawberry jam is a common occurrence on many a breakfast table every day. But, this strawberry jam recipe doesn't just have to be used on toast. Get adventurous!



Strawberry Jam Recipe: Ingredients

4 cups of strawberries
4 cups of sugar
1 tablespoon of fruit pectin
1 tablespoon of lemon juice

Strawberry Jam Directions

Put the strawberries in a blender and blend. Then mix with the sugar. Pour in the fruit pectin and lemon juice.

Bring the mixture to a boil and then allow it to simmer for five to ten minutes. Be sure to stir frequently. A foamy layer will form at the top of the mixture. Skim this layer off and discard or find another use for it.

Test the mixture to ensure it is ready to be put into jars. To do this, put one teaspoon of the hot mixture onto a dish. If it gelatinizes, the jam is ready to put into jars. Pour the hot strawberry jam into hot, sterilized jars. Fill the jars all the way to the top. Wipe down the jars with a damp towel and close the lids tightly. Allow them to sit for ten minutes. After ten minutes, invert the jars so that they are upside down on their lids. Allow the jars and jam to cool prior to turning them right side up and storing.

(Usually its 1:1 fruit and sugar, but you can try with a bit less if you like.)

Quick Strawberry Rhubarb Jam

Toast and jam go together like cheese and wine. Heck, why not make it an event and have toast with jam with wine while you nibble some exquisite cheese? When most people hear the word “jam,” they immediately think of strawberries. Strawberry jam is the quintessential preserve. But, the flavorful contents of sweet redness inside jam jars is augmented superbly by joining another garden-grown plant: rhubarb. Strawberry rhubarb jam has been heralded by the discerning for hundreds of years, and rightly so. Therefore, says this sage, soothe your palate with this fantastic quick strawberry rhubarb jam recipe. You’ll be glad you did after the first sampling.



Boom goes the dynamite! Yea, and boom goes your taste buds with the first taste of this supreme taste treat. Shoot, you won’t even have to taste it. Just get one whiff of this savory sweetness and your salivary glands will surely start their secretions swiftly. Grab a spoon to eat it straight, or spread it on your favorite eating vector. Regardless, get started, and turn this jam fantasy into a reality!

Quick Strawberry Rhubarb Jam Ingredients

- 1 pound of strawberries
- 1 pound of rhubarb
- 2 pounds of sugar
- 1 package of fruit pectin

Quick Strawberry Rhubarb Jam Recipe Directions

Wash and hull the strawberries, wash the rhubarb. Remove the leaves from the rhubarb so that you have only the stems. Cut the washed rhubarb stalks into pieces. Place the rhubarb and strawberries in a blender and blend until smooth.

Mix the blended fruit with the sugar, and then pour in the pectin. Bring the mixture to a boil over medium heat. Allow the mixture to simmer for between 5 and 10 minutes. Stir the mixture frequently.

To verify that the jam is ready, take one teaspoon of the simmering mixture and put it onto a plate. If the mixture gelatinizes, it is ready. Once the jam is finished, skim off the surface foam from the mixture. Pour the hot jam into clean, sterilized canning jars, and fill them to the top. Clean up the jars if any jam spilled on the outside. Tightly screw on the jar lids. Invert the jars so that they are upside down and allow them to cool for 10 minutes. Turn the jars right-side-up and allow for 10 more minutes of cooling. Afterward, store them wherever you wish until you can’t wait any longer. Then enjoy!

Recipe Notes

This quick strawberry rhubarb jam recipe is truly fantastic. Like most jams, it is fabulously sweet and can serve as a wake-me-up breakfast addition or can even be an enjoyable dessert.

Blue Ribbon Strawberry Apricot Jam

Whether you are entering a competition in your local strawberry festival, shooting for first place in a food preparation contest or convention, or just looking to win first place in the eyes of your family and friends, this is truly a blue ribbon strawberry apricot jam recipe. The masses will end up clamoring for more of this taste triumph. So, give the masses what they want and get busy making this tasty treat!



When you are finished making this, you might want to clear a space on the kitchen refrigerator. All the awards you can take home with this recipe will undoubtedly fill up a refrigerator's real estate! Or, so you don't bump off all the stick figures with cute googly eyes that your children created, teach them how to make this so that their fantastic winnings and ribbons can be displayed alongside your own!

Blue Ribbon Strawberry Apricot Jam Ingredients

- 2 cups of strawberries
- 2 cups of apricots
- 4 cups of sugar
- 1 tablespoon of lemon juice
- 1 tablespoon of fruit pectin
- 8 tablespoons of apricot brandy

Blue Ribbon Strawberry Apricot Jam Recipe Directions

Wash and hull the strawberries. Wash and peel the apricots, then cut them into pieces. Put the apricots and strawberries in a blender and blend until smooth. Next, mix in the sugar, pour in the lemon juice, apricot brandy, and fruit pectin. Boil the mixture for 5 to 10 minutes, stirring frequently. During this step, the alcohol in the apricot brandy will evaporate.

To verify that the jam is ready, take one teaspoon of the simmering mixture and put it onto a plate. If the mixture gelatinizes, it is ready. Once the jam is finished, skim off the surface foam from the mixture. Pour the hot jam into clean, hot, sterilized canning jars, and fill them to the top. Clean up the jars if any jam spilled on the outside. Tightly screw on the jar lids. Invert the jars so that they are upside down and allow them to cool for 10 minutes. Turn the jars right-side-up and allow for 10 more minutes of cooling. Afterward, store them wherever you wish until you can't wait any longer. Then enjoy!

Strawberry Lemon Rum Jam

Every now and then people sit down for a bite to eat and are unexpectedly shocked as they bite into a surprisingly delicious culinary delight. This strawberry lemon rum jam recipe is just such a delight. Unassuming in appearance, it has the tendency to lull the soon-to-be partaker into a sense of normalcy prior to the first bite. But, upon sinking their teeth into whatever medium you've chosen to deliver this jam, the discontinuity of what was expected versus what the tingling taste buds are telling the brain is enough to cause the consumer to become taken by the moment: eyes wide and staring at the normal-looking-yet-awesomely-different jam.



So, get your motor running and get busy. This strawberry lemon rum jam recipe is one for the record books.

This is an amazing strawberry jam. It is like riding the roller coaster at a theme park when you are finally tall enough after being relegated to the carousel and Ferris wheel for what seems like eons. So, buckle up and prepare for a wild ride!

Strawberry Lemon Rum Jam Ingredients

- 5 cups of strawberries
- 5 lemons
- 3 cups of sugar
- 1 tablespoon of fruit pectin
- tablespoons of white rum
- 1 teaspoon of vanilla extract

Strawberry Lemon Rum Jam Recipe Directions

Wash and hull the strawberries. Peel the lemons. Place the peeled and de-seeded lemons in a blender and blend thoroughly. Add the strawberries and blend again to the desired consistency. If you like smooth jam, blend until smooth. If you prefer chunky jam, blend in bursts until your preferred chunk size is achieved. Pour the mixture from the blender into a saucepan and add the sugar and pectin. Mix it thoroughly. Bring the mixture to a boil and then allow to boil for five minutes, stirring frequently. Add the white rum and vanilla extract and simmer for 5-10 more minutes, stirring frequently. When finished, skim off the frothy top layer.

Pour the hot strawberry lemon rum jam into hot sterilized jars, filling each to the top. Clean any drips off with a damp towel and then close tightly. After ten minutes have passed, invert the jars so that they are upside down and resting on the lids. Allow the jam to cool in this position and then right the jars and store normally. Enjoy when ready!

Strawberry Jelly Recipe

Who doesn't have a fond childhood memory of satiating a growling tummy by slathering a slice of freshly baked, warm, aromatic bread with a liberal coating of sweet strawberry jelly...and then devouring it. Who knows, it may have even been a bread and strawberry jelly sandwich. Well, everyone who is no longer a kid used to be one. Chances are good, your own inner kid will squeal with delight if you use this strawberry jelly recipe to conjure up another helping of that old-time jelly goodness.



Strawberry Jelly Recipe: Ingredients

3 quarts of fresh strawberries
3 and 3/4 cups of berry juice
7 and 1/2 cups of sugar (equivalent to 3 and 1/4 pounds)
2 pouches of fruit pectin
1/4 cup of lemon juice

Strawberry Jelly Recipe Directions

Wash the strawberries and remove the stems and green caps. Crush the strawberries, one layer at a time. Dampen a jelly bag. Put the strawberries in the dampened jelly bag and drip. Put the 3 and 3/4 cups of fruit juice into a large sauce pot (six to eight quarts). Next, stir the sugar and lemon juice into the fruit juice. Bring the juice/sugar/lemon juice mixture to a full boil, stirring constantly. Add the pectin and allow it to boil for another minute, then remove it from the heat source. Ladle or skim off the foam and then fill your tempered preserving jars up to 1/2 inch from the top (headspace). Remove the air bubbles, seal the jars with tight lids, and place into a hot bath for twenty minutes. Remove the finished strawberry jelly and store in cool place. This strawberry jelly recipe yields eight cups of jelly.

Freezing Strawberries

Introduction

Strawberries have a notoriously short shelf life. Once picked from the strawberry plants, they will only last a few days before the decay process begins in earnest. Because of this fact, and because so many people just love eating strawberries, multiple preservation methods have been developed to allow the enjoyment of the strawberry harvest long after it is over. This series of recipes is here to serve as your guide to freezing strawberries.



Before delving into how to freeze strawberries, it is important to mention a few bits of information. Freezing strawberries generally produces an end product that is far superior to canning them. Canning strawberries is a sufficient method of preservation. However, canned strawberries do not generally maintain the structural integrity of the berries. Consequently, canned strawberries are usually just mush at the time of use. Frozen strawberries, on the other hand, maintain most of their culinary qualities (depending on how much they are thawed when they are used).

The preliminaries of the strawberry freezing process are covered first. Then, instruction is provided regarding all of the common strawberry freezing methods. Additionally, technical information regarding the processes is also provided so that your strawberry freezing experience will be a resounding success! I recommend beginning at the top to understand the basics prior to initiating the freezing process using any of the specific methods (which are all listed and explained below). If you are a veteran strawberry freezer, feel free to jump directly to your desired method for guidance.

Freeze Strawberries: Preliminaries

Pick an Appropriate Strawberry Variety to Freeze

Different strawberry varieties have different properties. Some are firm, and some are soft. Some are exceedingly sweet, and some are quite tart. Some are gigantic, and some are miniscule. Which strawberries are best for freezing? When selecting a strawberry variety to freeze, the best ones for this preservation method are those that produce firm red strawberries that have a slightly tart flavor. And, of course, always pick fully ripe strawberries to freeze. Once picked, wash, sort, and de-cap them before processing them further.

How Many Strawberries Do You Need to Freeze?

It takes approximately 2/3 of a quart of freshly-picked strawberries to yield one pint of frozen strawberries. For more help with strawberry measurements, including metric equivalents, see page 5 above for strawberry measures, conversions, substitutions, and equivalents.

How to Freeze Strawberries: Options

There are actually quite a few options once you've decided to begin freezing strawberries. Generally, it is best to have an idea about how the frozen strawberries will be used prior to beginning. The intended use will guide the form in which the berries are frozen. Also, remember that frozen strawberries can be substituted for fresh ones in most strawberry recipes, just remember that whole strawberries, when thawed, will have a texture that is quite a bit softer than that of fresh berries. To mitigate this effect, frozen strawberries are best used/served when a few ice crystals still cling to the fruit.

Strawberries can be frozen as a puree, crushed, sliced, or whole. When freezing strawberries that are large, a better result is obtained when the berries are crushed or sliced. Freezing in a sugar pack or syrup pack also increases the quality of the end product (the different methods are detailed below) by producing both improved flavor and texture over unsweetened packs.

Strawberry Freezing Containers

The importance of choosing appropriate containers when freezing strawberries can't be overestimated. When choosing a container, it is important to keep both moisture and air from passing through the walls of the container. Because of this, any paper or waxed-paper container (like juice or milk cartons) is unsuitable. Additionally, the storage container must be able to hold up under extremely cold temperatures. Ordinary glass jars will break quite easily. Freezer jars with tempered glass are able to resist breakage from hot and cold temperatures and can be used when freezing strawberries. A less-expensive and equally effective option is to use plastic freezer bags.

When using jars, a small amount of air is required between the top of the strawberries and the jar lid. This air is called "headspace" and allows for the slight expansion of the water in the strawberry pack so that the jar doesn't break (even tempered jars can break if overfilled). Use the table below to ensure that enough space is left between the top of the jar's contents and the lid:

Headspace Required Between the Packed Strawberries and the Lid When Freezing Strawberries

Type of Pack	Container with wide-top opening		Container with narrow-top opening	
	Pint (inches)	Quart (inches)	Pint (inches)	Quart (inches)
Liquid Pack	1/2	1	3/4	1 1/2
Dry Pack	1/2	1/2	1/2	1/2

A Few Notes:

1. Liquid packs are: strawberries packed in syrup, sugar, water, and juice or pureed or strawberry juice
2. Exception to the above table: headspace for freezing strawberry juice should always be 1.5 inches, even in a pint container
3. Dry packs are: strawberries that are tightly packed without any added liquids, sweeteners, or sugar

Freezing Strawberries: The Packing Methods

Freezing Whole Strawberries with a Syrup Pack

Freezing strawberries with a syrup pack requires that the syrup be made first. The syrup used is a very heavy one that is fifty percent sugar. To make it, simply dissolve four cups of sugar into four cups of warm water. Continue to stir the solution until it is clear and then chill it prior to using it. Prepare your strawberries by washing and drying and de-capping them. Then pack the strawberries into your chosen containers and leave the necessary headspace (see table above). Keep the strawberries from floating above the syrup by putting a

crumpled up piece of wax paper or parchment paper on top of the fruit before sealing the containers. After everything is prepped, tightly seal the containers and put in the freezer to freeze.

Freezing Strawberries Whole with a Sugar Pack

Wash and de-cap your strawberries. For each quart of prepared fruit, sprinkle three-fourths cup of sugar and mix in gently with the strawberries. Most of the sugar will dissolve (or, you can let the strawberries sit for about fifteen minutes). Afterwards, pack the strawberries into your chosen containers. If you are packing them into jars, be sure to reference the table above to ensure you leave appropriate headspace for the jars you are using. Tighten the lids/seal your containers, and place the strawberries into the freezer to freeze.

Freezing Sliced Strawberries / Freezing Crushed Strawberries

Prepare the strawberries by washing, removing the green caps, and discarding any bad strawberries. Slice or crush the strawberries (berries can be crushed partially or completely). Sprinkle three-fourths of a cup of sugar over each quart of sliced strawberries or crushed strawberries and mix in the sugar well. Pack the resultant berry/sugar mix into appropriate containers. Be sure to reference the table above to ensure proper headspace. Seal up the containers and then freeze.

Freezing Strawberry Puree

Freezing strawberry puree begins the same way as every other method of freezing strawberries: with fresh, clean, de-capped strawberries. After initial prep work is complete, crush the strawberries and press them through a fine sieve. An alternative method is to put them in a food processor/blender and blend into a puree. Although not required, adding three-fourths of a cup of sugar to each quart of strawberry puree sweetens well. Be sure to stir each quart until the sugar is dissolved prior to transferring the puree to your freezer containers. Again, ensure appropriate headspace in your containers.

Freezing Strawberry Juice

To freeze strawberry juice, you need to crush your washed, cap-less fruit. Then, the crushed strawberries need to be placed in a jelly bag and strained. The resultant juice can be frozen as is, or three-fourths of a cup of sugar can be added to each quart to improve flavor. It is best to steer clear of freezer bags when freezing strawberry juice. Use rigid plastic or glass containers. No matter the container, always leave 1.5 inches of headspace for strawberry juice freezing. Put the sealed juice containers in the freezer and freeze.

Strawberry Freezing Using Unsweetened Dry Pack

The unsweetened dry pack method of freezing strawberries is both easy and versatile and probably the most popular method. It works best for small-sized whole strawberries, but it also works well for sliced strawberries or berries that will later be used for strawberry jam. There are two basic forms of the unsweetened dry pack. The first method is to just pack washed and de-capped fruit into containers, seal the containers, and put them in the freezer.

The second method is great if you want to use the strawberries periodically and individually. It consists of two steps. First, obtain a cookie sheet or shallow tray and cover it with wax paper or parchment paper. Place the strawberries in rows on the paper with the point ends pointing up (do not stack the strawberries). Place the cookie sheet in the freezer and allow the berries to freeze until they are just hardened (leaving them in too long will cause them to have freeze burn). As soon as they are hardened, remove them from the freezer, quickly put them in freezer bags or other freezer containers and place them back in the freezer. By freezing the strawberries prior to packing them, they won't be stuck together so tightly as to preclude the removal of individual berries.

So, when you want a strawberry or two for a salad or garnish, you can simply remove the number you want and put the rest back in the freezer for later use.

Freezing Strawberries Using Other Unsweetened Packs

The unsweetened dry pack is not the only packing method that doesn't use sugar or sweetener. Strawberries can be frozen after being packed in pectin syrup, juice (unsweetened), or even water. The downside of using unsweetened packing methods is that the final product has less appealing color qualities and will often be less textured and plump. Of the three just mentioned, however, pectin syrup will out-perform water or juice packs for retaining texture. For each of these packs, simply pack the strawberries in your chosen containers and then cover with juice, pectin, or water. Allow appropriate headspace (see above). In order to keep the strawberries submerged, a small piece of wax or parchment paper should be crumpled and placed under the lid on top of the berries. Place in the freezer after the containers are appropriately sealed.

To make pectin syrup, combine in a saucepan one cup of water and one package of powdered pectin. Bring to a boil and boil for one minute. Remove the saucepan from the heat source and add one and three-fourths (1.75) cups of water (more for a thinner syrup and less for a thicker syrup). Allow the mixture to cool. This will provide around three cups of a moderately thick pectin syrup.

Freezing Strawberries with Artificial Sweeteners

Artificial sweeteners can also be used to decrease the calories in frozen strawberries. To substitute an artificial sweetener for sugar, simply look at the conversion ratio that will be printed on the artificial sweetener's box somewhere and substitute for sugar according to that ratio. The most common artificial sweeteners are Equal, Sweet-n-Low, and Splenda (aspartame, saccharine, and sucralose, respectively), but others such as xylitol and all-natural stevia are other options. Be aware, however, that the artificial sweeteners will only sweeten. They will not contribute any additional preservation effects like sugar will. They will also not protect color or provide the thickness that sugar syrup will.

Freezing Strawberries: Tips & Conclusion

In order to have a successful experience while freezing your strawberries, a few tips are in order. Pay attention to these details, and you will be able to enjoy your strawberries long after the harvest!

1. Make sure your seals are clean. If you have crumbs or water on your seals, there can be air gaps that compromise the quality of your seals and frozen fruit.
2. Always make sure your containers have appropriate headspace so that some expansion can occur during freezing without damaging the containers. See the table above for guidance.
3. Do not use aluminum foil to keep strawberries submerged. Wax or parchment paper works just as well and will not disintegrate in the presence of the acidic strawberry pack like aluminum will.
4. Always label your containers with a permanent marker. Write the date of freezing, that the container holds strawberries, and the type of pack used.
5. Freeze as soon as possible. Strawberries should be frozen and stored at 0 degrees Fahrenheit (-18 degrees Celsius) or colder. To speed the freezing process, do not stack strawberry containers in the freezer and only freeze a maximum of three pounds of fresh strawberries for each cubic foot of freezer space. After a full day of freezing, the strawberries should be frozen and can be stacked at that time to maximize freezer space.

Whether you are planning on growing your own strawberries, buying them at the store, or picking your own strawberries, freezing them is a great way to preserve your harvest until you are ready to use it. The strawberries should maintain exceptional quality for the first year they are frozen if packed in sugar. The quality of non-sugar packs will begin deteriorating more rapidly, usually around eight months or so. Even though the strawberries will lose some of their appealing texture and quality, they should still be safe to eat after the high-quality time period has elapsed. So, pick some extra strawberries this year and save them for later by using one or more of the methods of freezing strawberries!

Sun Drying Strawberries

Sun drying strawberries is a viable way to preserve them. There are many things that cannot be adequately dried in the sun (most vegetables and meats), but the high sugar and acid content of strawberries makes them well-suited to outdoor sun drying. Their low protein concentration minimizes the likelihood of bacterial/microbial overgrowth (as happens with meats).



Conditions Needed When Sun Drying Strawberries

Drying strawberries outside cannot be done just anywhere. The proper conditions are needed if successful drying is to occur. The necessary conditions are:

1. **Warm Temperatures** – a minimum temperature of 85 degrees Fahrenheit is required, with warmer temperatures being even better. In most locations, the strawberries will need to be brought in at night to keep the cooler night air from condensing and adding moisture back into the partially dried strawberries.
2. **Favorable Weather** – simply put, rain ruins everything. If it rains, all the fruit that is rained upon will likely be lost.
3. **Low Humidity** – a humidity below 60% is the best for drying strawberries. Many times, the conditions that help ripen strawberries preclude them being dried outside. This is particularly true in Southern states where humidity is often a prohibitive factor.
4. **Air Flow** – a constant breeze is needed to dry strawberries effectively. Prolonged periods of stagnant air are unacceptable.

Equipment Needed to Sun Dry Strawberries

It is best to dry strawberries over a reflective surface on mesh or drying racks that allow air to freely flow around the fruit. A tin or aluminum sheet works well underneath to reflect light back up under the strawberries and speed the drying process. If no aluminum or tin is available, concrete will serve as an adequately reflective surface.

The racks should be placed on blocks above the reflective surface. Ideally, the racks/screens are stainless steel, teflon-coated fiberglass, or plastic. Do not use hardware cloth (galvanized). These are coated with zinc or cadmium and will rust quickly, especially with the acidic strawberries resting atop them. As this occurs, harmful residues will affix themselves to the strawberries. Additionally, do not use aluminum (it will discolor and corrode) or copper (it destroys Vitamin C and increases oxidation). After the blocks and screens are in place, they need to be covered. Another screen works well as a cover to protect the drying strawberries from nature's thieves. Cheese cloth can also be used.

Sun Drying Strawberries: Other Considerations

The out-of-doors is inherently variable. In most outdoor locations, particulate matter, spores, pollen, and who knows what else will be floating by on the currents of air. Of course, simplifying the process and just using an indoor dehydrator can save time, effort, concern over varmints, birds, and bugs, and possible contamination/loss of your harvest. For those reasons, we think it best to wash and then dry/dehydrate your strawberries inside.

Yogurt Strawberry Fruit Salad

This yogurt strawberry fruit salad recipe can be a meal unto itself. The delicious zing of yogurt adds the complement to the naturally sweet fruit that makes this dish a winner. Try it for breakfast, try it for lunch. Have it all day as a snack to much! Call me insane for having this hunch, but odds are good you'll like it a bunch. All joking aside, this really is a delicious component of any meal spread. The kids will even be asking for seconds (or thirds).



Most people love yogurt. But, most people have only eaten their favorite name brand and favorite flavors. If an adventurous person wants to experience a heightened sense of the culinary properties of yogurt, try “raw” yogurt. Similar in function to sour cream, unsweetened yogurt goes well with strawberries and other naturally sweet foods. The contrasting flavors work together to create amazing taste sensations!

Yogurt Strawberry Fruit Salad: Ingredients

- 1/2 pint of fresh strawberries
- 2 cups of yogurt (unflavored recommended)
- 3 tablespoons of honey
- 2 bananas
- 1/2 pint of blueberries
- 2 peaches
- 1/2 cantaloupe
- 1 teaspoon of cinnamon

Yogurt Strawberry Fruit Salad Recipe Directions

Wash, drain, and hull the strawberries. Slice the hulled strawberries into halves. Cut the bananas, cantaloupe, and peaches into 1/2 inch pieces. Into a large mixing bowl, place the yogurt and honey and mix it together well. Add the strawberries and cut fruit into the mixture. Chill the entire yogurt strawberry fruit salad until desirably cool or cold. Separate into 6 equal servings. Sprinkle the cinnamon on the top of each serving and garnish each with a strawberry half prior to serving. Then, serve and enjoy!

Recipe Notes

Frozen strawberries can replace fresh ones if no fresh strawberries can be found. Raspberries, grapes, or other fruits can be substituted or added according to your whim. Nuts can be added for extra heartiness. Additionally, while it is recommended to use unflavored yogurt for the unique final result, any flavor or sweetened yogurt can be used to provide dessert-like qualities to an already tasty recipe.

Pineapple Coconut Strawberry Salad

Have you ever played those “which of these does not belong” games? Most people played them as a kid or in school. So, which of the fruits in this pineapple coconut strawberry salad recipe does not belong? Is it the pineapple, the coconut, or the strawberries?



The reason so many people enjoy a pineapple coconut strawberry salad during the summer months is that the wonderful blend of flavors just goes well with heat. Quite a few folks, however, have a misconception about the strawberry component in such a salad. Both pineapples and coconuts are tropical fruits, but the strawberry is a fruit grown best in temperate regions. You won't find pineapples or coconuts growing in Alaska or Canada, but strawberries can flourish in those northern regions. So, while strawberries aren't tropical fruits, don't give yourself a headache pondering it.



If you are going to get a headache, let it be because you are enjoying this chilled pineapple coconut strawberry salad recipe too quickly!

Tropical temperate goodness. While best eaten chilled during a balmy summer afternoon, there are no mandatory limits on when this treat can be enjoyed. This pineapple coconut strawberry salad recipe is a perfect example of multiple ingredients, all good by themselves, coming together into a symphony of taste that makes one desirous of proclaiming its deliciousness from the rooftops. If you annoy your neighbors with your singing taste buds, don't say I didn't warn you!



Pineapple Coconut Strawberry Salad: Ingredients

- 2 cups of fresh strawberries
- 2 cups of chopped pineapple
- 1 cup of fresh orange juice
- Grated coconut
- Sugar

Pineapple Coconut Strawberry Salad Recipe Directions

Wash and remove the green caps from the fresh strawberries. Thinly slice the strawberries (about 1/4 of an inch thick per slice). In a glass bowl, sprinkle a fine layer of grated coconut on the bottom of the bowl. Place the sliced strawberries on the coconut layer. Sprinkle sugar and coconut over the layer of strawberries. Then, spread a thin layer of pineapple into the bowl and again sprinkle sugar and coconut. Repeat the layering process alternating between strawberry and pineapple layers with grated coconut and sugar between each. Once the layers are complete, pour the orange juice over the top of the pineapple coconut strawberry salad and place in the refrigerator for an hour (or until cold). Serve chilled.

Recipe Notes

Frozen strawberries can be used instead of fresh, if necessary. Also, the strawberries can be cubed or diced or pureed to give a more consistent texture to each layer.

Strawberry Pineapple Salad Recipe

Strawberries and Pineapples just go well together, don't they?! The tropical goodness of pineapples meshed with the temperate tastiness of strawberries is enough to send even the most discriminating taste buds into a fit of olfactory and gustatory excitement. This strawberry pineapple salad recipe is a tried and trusted favorite of many an individual.

While best eaten as a late-summer meal side item, this recipe works very well for any season. And, with the natural sweetness of both strawberries and pineapples, this recipe can double as a dessert dish. Heck, it could even pass as an appetizer! Regardless of what time of year, or when during a multi-course meal it is served, it will be a hit.

Strawberry Pineapple Salad: Ingredients

10 oz of frozen or fresh strawberries
1 small can of crushed pineapple (fresh pineapple can also be used)
3 oz cream cheese
1 package of Dream Whip
1 large box of strawberry jello
1/2 package of miniature marshmallows
Nuts

Strawberry Pineapple Salad Recipe Directions

If you have chosen to use fresh strawberries and fresh pineapples, wash and remove the green caps from the strawberries and then slice the strawberries (about 1/4 of an inch thick per slice) or cube them. Prepare the pineapple also and cube or crush it. Next, dissolve the strawberry jello in one cup of boiling water. In a separate bowl, mix together the Dream Whip and cream cheese. After the two ingredients are thoroughly mixed, add the strawberries and pineapple. Pour the Jell-O over the top of the mixture, sprinkle nuts on top of the Jell-O, place in the refrigerator, and chill until it is firm. Serve to your happy family or guests with a hulled strawberry garnishing!

Recipe Notes

Try different nuts or mix them for varied accents. Walnuts, pecans, pistachios, peanuts, or whatever your favorite nut may be can all be used.



Ginger Ale Strawberry Fruit Cocktail

Ginger ale is a poorly appreciated bubbly beverage. Coke and Pepsi and all the other soda spinoff drinks can claim their rightful spots sidled up next to pizzas and hamburgers. But, ginger ale is its own master of all things subtle. You'll rarely find Coca-cola in holiday punches. You aren't likely to pair Pepsi with fruit of any kind. Oh, but ginger ale? Absolutely! Ginger ale is for the discriminating palate. This ginger ale strawberry fruit cocktail is an especially easy and delicious wonder of the kitchen.



It is super simple to make, awesomely delicious, and makes perfect use of ginger ale! So, take a break or plan a party so you have an excuse to double the recipe, then get busy making this masterwork! So, you've grabbed your Canada Dry? Fantastic! Just follow this set of super simple instructions, and you will be munching masterfully mixed fruit forthwith!

Ginger Ale Strawberry Fruit Cocktail Ingredients

- 1 and 1/2 cups of strawberries
- 1 fully ripe banana
- 1 16 oz can of fruit cocktail
- 1 cup of melon balls
- 1 12 oz can or bottle of ginger ale
- Lemon juice

Ginger Ale Strawberry Fruit Cocktail Recipe Directions

First, wash and hull the strawberries. Then, cut them into halves. Peel the banana. Slice on bias (at a 45 degree angle), and dip the slices into lemon juice, then add them to the strawberry halves. Make the melon balls, then add them to the strawberry and banana pieces in the bowl. Open and drain the juice from the can of fruit cocktail, then add the drained fruit from the can with the rest in the bowl. Cover the bowl and place in the refrigerator to chill. Just before serving, pour the ginger ale over the fruit and then ladle into chilled bowls or sorbet dishes.

This recipe makes 6 delicious servings!

Recipe Notes

This ginger ale strawberry fruit cocktail makes a great side dish or dessert. The ginger ale provides just the right amount of zip and "oomph" to sate the sweet tooth. If your sweet tooth is larger than most, you can enjoy this easy recipe for breakfast.

Strawberry Spinach Salad

Should a strawberry spinach salad recipe be on the agenda for your next meal? You bet. Few things scream “healthy and delicious” like the fresh green crispness of savory spinach and the sweet juiciness of just-washed strawberries. And, as if you’ve been begging to be swept up in a culinary rapture to food heaven, topping it off with a superlative dressing is just plain unbeatable when it comes to satiating even the most demanding taste buds. In fact, why do you torture your tongue so? Get busy making this strawberry spinach salad right away!



Spinach has to rank at the top of the list of hearty greens. The thick, meaty leaves go well with virtually any green dish or salad. But, have you ever combined them with strawberries? Since this recipe takes very little time to prepare, you are just minutes away from a great taste experience if you haven’t. And, even if you have tried out a strawberry spinach salad before, you will no doubt enjoy this one as well!

Strawberry Spinach Salad: Ingredients

4 cups of fresh sliced strawberries
spinach (as much or as little as you desire)

Dressing: Ingredients

Option 1

1/2 cup of sugar
1/2 cup of vegetable oil
1/4 cup of white wine vinegar
2 tablespoons of sesame seeds
1 tablespoon of poppy seeds
1/4 teaspoon of paprika

Option 2

1/2 cup of sugar
1/2 cup of virgin coconut oil
1/4 cup of white wine vinegar
2 tablespoons of sesame seeds
1 tablespoon of poppy seeds
1/2 teaspoon of paprika
1/2 teaspoon of minced onion
1/4 teaspoon of Worcestershire sauce

Strawberry Spinach Salad Recipe Directions

Wash, drain, and hull the strawberries. Cut the hulled strawberries into thin slices. Wash the spinach. For the most appealing, non-bitter taste, remove the stems from the spinach and then tear or cut the spinach into small, bite-sized pieces. Toss the strawberries and spinach together in a salad bowl. In a small mixing bowl, mix together all of the ingredients for the salad dressing. Serve the salad and then pour the dressing over it. Eat away!

Strawberry Salad Recipe

This strawberry salad recipe is an instant hit with just about everyone who tries it. In fact, it can even eat like a meal. Men, women, and children universally seem to like it. What is the secret? Well, this strawberry salad recipe calls for strawberries right off the strawberry plants and a secret ingredient. Most people love strawberries anyway, but the unique combination this salad brings to the table elevates the typical strawberry experience to one that is, quite possibly, beyond words.



You may think this description is a bit superfluous. That is completely fine! Just do this: keep reading to see the “secret” ingredient, and make the strawberry salad recipe just once. The proof is in the salad. Make it, eat it, and then leave a comment about your experience. If it isn’t one of the best you’ve ever chowed down upon, I’ll apologize!

Strawberry Salad Recipe: Ingredients

2 cups of freshly picked strawberries (or more!)
Greens (enough to fill your serving bowl 2/3 full)
Green onions, chopped (to taste)
1 mango
Blue cheese
Bacon (the Secret Ingredient!)

Strawberry Salad Recipe Directions

De-cap and slice the strawberries. Peel and cube the mango. Chop the green onions. Cook the bacon until crispy but not burnt. Layer the ingredients in your serving bowl. Crumble the blue cheese and cooked bacon on top. Serve to your family or guests!

Oh, and I highly recommend using the dressing recipe on page 111 below. Believe me, if you try the salad with the dressing, you will understand!

Recipe Notes

This strawberry salad recipe is absolutely savory. After seeing countless delighted looks after the first bite of this strawberry salad, I can say that the chances are excellent that it will become one of your favorites. The real bacon in combination with the sweet fruit creates a taste bud party! Try including avocado cubes, orange wedge chunks, various nuts, and anything else that catches your fancy

Veggie Strawberry Salad

Your mother always told you to eat your veggies, didn't she? They all do, because they love us. Everyone knows that vegetables are good for the body. But, they often don't taste like heaven for those who grew up eating candy, Happy Meals, and other sugar-saturated stuffs as well. So, it can be a challenge to prepare veggies in a way that everyone (including those little people you are now admonishing to "eat your vegetables!") will enjoy. Go ahead and say, "hooray," for you've discovered this recipe! The veggie strawberry salad outlined below will meld the excitement of fruit (strawberries!) with the bountiful healthfulness of vegetables in a way that you will love and your kids will consume. They may even tell stories about how you made it the first time. Ah, stories about vegetable salads...let's call them veggie tales! Ok, that was bad. My apologies.



Veggie Strawberry Salad Ingredients

Salad Ingredients

- 1 pint of strawberries
- 8 ounces of fresh spinach
- 8 ounces of lettuce
- 1 medium avocado
- 1/2 pint of cherry tomatoes
- 1/2 of a cantaloupe
- 1 cucumber
- 4 ounces of fresh mushrooms

Dressing Ingredients

- 1/2 cup of olive oil
- 1/4 cup of tarragon vinegar
- 1/4 cup of sugar
- 2 teaspoons of poppy seeds
- 1/2 teaspoon of sea salt
- 1/2 teaspoon of dry mustard
- 1/2 teaspoon of grated onion
- 1/4 teaspoon of onion salt

Veggie Strawberry Salad Recipe Directions

First prepare all the raw ingredients. Wash and hull the strawberries; slice them in half or cut into slices if they are very big. Tear or cut the lettuce and spinach into bite-sized pieces. Peel the avocado and cut it into cubes or slices. Halve the cherry tomatoes. Use a melon ball tool to scoop the cantaloupe into balls. Peel and slice the cucumber. Slice the mushrooms.

Next, combine the lettuce, strawberries, cantaloupe, mushrooms, cucumber, cherry tomatoes, and avocado into a large bowl and gently toss to mix. In a separate jar, add all the ingredients for the salad dressing, and shake them together vigorously.

Finally, pour the dressing over the salad, serve, and enjoy! This recipe makes about 10 servings.

Balsamic Strawberry Salad Recipe

You might say, upon careful observation, that salads are nearly ubiquitous. You'll find them at potluck dinners. You'll find them at 5-star restaurants. You'll find them served for dinner at your friends' houses. You'll even find rabbits helping themselves to an unprepared salad in your burgeoning garden (little devils!). What you won't always find is a salad that combines its components with a dressing that amplifies the experience exponentially. THAT kind of salad is hard to find. Well, rejoice, for you have stumbled across one such salad. This balsamic strawberry salad recipe just might make you squeal with delight.



This salad is simple to prepare, and it goes great with virtually any meal. Simply follow the preparation directions after gathering your ingredients, and you'll be one step closer to a happy eating experience!

Balsamic Strawberry Salad Ingredients

Salad Ingredients

- 1/2 cup of fresh strawberries
- 1 head of romaine lettuce
- 1 cucumber
- 1/2 cup of green onions

Dressing Ingredients

- 3 tablespoons of balsamic vinegar
- 4 tablespoons of honey
- 4 tablespoons of salad oil
- 1 teaspoon of poppy seeds
- 1/2 teaspoon of salt

Balsamic Strawberry Salad Recipe Directions

First, chop or tear the head of romaine lettuce into bite-sized pieces. Next, peel the cucumber, and slice it. Slice/chop the onions and strawberries into small pieces/chunks. To make the dressing, pour all the ingredients into a Ziploc bag (or other seal-able container). Shake the bag or container well until all the dressing ingredients are well-mixed.

Finally, pour the dressing over the salad just prior to serving, and enjoy!

Sweet Strawberry Spinach Salad

Springtime. It is the time of year when bluebirds perch atop your shoulders and chirp a sweet melody. It is the time of year when snows promise to be a thing of the past, and green bursts forth from the dank bleakness of winter brown. Budding flowers on dogwoods and the paler green tips upon conifer branches herald the coming of something grand.



With the coming of increasing temperatures, strawberry plants also are called to renewed vigor as they break dormancy and again send forth their foliage to welcome the strengthening rays of the sun. But, not only leaves appear! The perennating buds that were formed with care the previous year also come forth as delicate strawberry flowers. The buzzing bees find favor therein, and soon the white petals drop and yield a glimpse of red remaining.

Joy comes for many with the first spring harvest of strawberries. And, what better way to kick off the fun of the coming months than with a great recipe using your freshly-picked strawberries?! This sweet strawberry spinach salad is just what you need. While spring might be the most natural time to enjoy this salad recipe due to its call for strawberries, the delightful experience of taste that comes with eating it makes it a wonderful option for any occasion and any season. In fact, what better way to look forward to warmer days while in the middle of winter than by savoring something as spring-ish as this sumptuous salad!

Sweet Strawberry Spinach Salad Ingredients

2 cups of strawberries
4 cups of spinach
4 cups of romaine hearts
1/2 cup of candied pecans
1/2 cup of dried cranberries
3 ounces of crumbled blue cheese
1 cup of cashews (2/3 cup of cashew pieces can be substituted)
1/4 cup of brown sugar
1 tablespoon of balsamic vinegar
1 tablespoon of olive oil
1/2 teaspoon of salt

Sweet Strawberry Spinach Salad Recipe Directions

Stir the brown sugar, balsamic vinegar, salt, and olive oil in a large pan or skillet over medium heat. When the sugar melts and the syrup starts to bubble (usually takes about three minutes or so), mix in the pecans and stir them until they are fully coated with the syrup (usually takes about 5 minutes or so). On a separate sheet of wax paper or aluminum foil, allow the coated nuts to cool completely. Make sure no nuts are touching any other nuts while cooling.

Wash and hull the strawberries. Quarter the washed strawberries and set them aside. Wash and dry the spinach and romaine hearts. Cut them to your desired size and place them into a salad bowl. Add the cranberries, blue cheese, candied pecans, and cashews. Use a salad dressing of your choice. A vinaigrette works well, or you can opt for the best salad dressing for strawberry salads (see page 113 below). You can also save a bit of time by preparing the candied pecans beforehand. Just be sure to seal them in an air-tight container, and they will keep for about a month.

The Best Strawberry Salad Dressing

So, you've collected the harvest from your strawberry plants and want to incorporate the strawberries into one of the world's best strawberry salad recipes (contained in this, *The Simply Sensational Strawberry Cookbook*, of course!). And, you may have chosen the single best strawberry salad known to man. But, which is the best strawberry salad dressing to use with such an amazing culinary concoction?

Look no further. In order to enhance and accent an already amazing salad, using this strawberry salad dressing will give you quite a tasty delight. In fact, your taste buds may think it is a magic trick. But, there is no trickeration here. It works every time: use the best strawberry salad dressing with your salad as instructed below, and you'll have a bona fide winner sure to satisfy every member of the family.



The Best Strawberry Salad Dressing: Ingredients

3/4 cup safflower oil
1/3 cup honey
1/4 cup red wine vinegar
2 tablespoons poppy seed
1 tablespoon dijon mustard
1/2 teaspoon sea salt

Best Strawberry Salad Dressing Recipe Directions

Combine all the ingredients in a blender. Blend for 30 seconds. After blending, put the salad dressing into the refrigerator and chill it prior to use.

Recipe Notes

Different oils can be substituted, or regular salt can be used as your preferences dictate.

One of the positives of this recipe is that there are no refined carbohydrates or sugars in it. The honey gives it a full-bodied sweetness that compliments strawberry salads perfectly.

This recipe may make the best strawberry salad dressing of all time, but don't hesitate to try to make it even better. All recipes are made to be tinkered with, and this one is no exception. Experiment with it and have fun!

Strawberry Pretzel Salad

This strawberry pretzel salad recipe can double as a tasty end-of-meal dessert. It has a unique blend of sweetness and saltiness that doesn't overwhelm. The sweet strawberry rush of flavor melds wonderfully with the classic saltiness of pretzels to make this strawberry pretzel salad one for the ages. It even goes well with coffee or tea during cool mornings or winter afternoons. Beware, however, this treat is not likely one that will yield leftovers. So, if you have a pack of ravenous kids prowling around the kitchen for yummys, you may want to double the recipe!



Everyone loves strawberries. Everyone loves pretzels. Everyone should love a strawberry pretzel salad, right?! Well, they will as soon as they try this one. Even the aroma of this treat filling the kitchen is enough to rumble a tummy. So, grab the ingredients, grab the required tools, pre-heat the oven, and get busy making some yum.

Strawberry Pretzel Salad: Ingredients

- 2.5 cups of fresh strawberries
- 2 cups of coarse-crushed pretzels
- 3/4 cups of melted butter
- 3 tablespoons of sugar
- 8 ounces of cream cheese
- 1 cup of sugar
- 2 cups of whipped cream
- 6 ounces of strawberry-flavored gelatin
- 2 cups of water

Strawberry Pretzel Salad Recipe Directions

Wash, drain, and hull the strawberries. Slice the hulled strawberries into halves, quarters, cubes, or thin slices according to your preference (start with cubes if you have no preference).

Pre-heat your oven to 400 degrees Fahrenheit. Spread the melted butter, crushed pretzels, and 3 tablespoons of sugar in a 9 x 13 pan and bake for 8 minutes. Remove and allow to cool.

While the contents of the 9 x 13 pan are cooling, take a large mixing bowl and beat the 1 cup of sugar into the cream cheese. Whip the whipping cream in a separate bowl and then stir it into the cream cheese mixture. Once this is finished and the pretzels have cooled, spread the cream cheese over the pretzels in the 9 x 13 pan.

Boil the two cups of water. Once the water is boiling, stir in the strawberry gelatin and add the prepared strawberries. Pour this mixture over the cheese mixture and then allow it to chill thoroughly. After completely chilled, serve to happy mouths!

Easy Strawberry Soup Recipe

If you are looking for an easy strawberry soup recipe that can be served as a side or a dessert, look no further! This recipe can be heated as a winter treat, but it is best served as a summer dish. Kids love it, and adults can't get enough of it either. And, the best part is that it is a very easy strawberry soup recipe to whip up!

This is a wonderful summer strawberry soup recipe that is quick, easy, and a tasty delight. Serve it to your neighbors on a humid summer evening, and you will likely have friends for life.

Easy Strawberry Soup Recipe: Ingredients

1.5 pounds of strawberries
1/4 cup of vanilla yogurt
1 pint of cream
1/2 teaspoon of vanilla

Easy Strawberry Soup Directions

Remove the green hulls from the strawberries (if you are using fresh instead of frozen berries). Put the strawberries in a blender and blend until smooth. Add the vanilla yogurt slowly and continue to blend. Then pour the strawberry mixture into a large mixing bowl. Add the cream and vanilla. Stir until all ingredients are well blended. Put in resultant mixture into the refrigerator and allow it to chill for at least one hour. Garnish with a fresh strawberry or a few mint leaves prior to serving in soup bowls or mugs.

Recipe Notes

This easy strawberry soup recipe can be whipped up in a matter of minutes. For a busy mom or dad-in-a-hurry, this treat can easily be worked into the schedule. The whole family is sure to like it. In fact, it may be love at first bite. This easy strawberry soup recipe serves three people, so it may need to be doubled for large families or if served for guests. Like most strawberry dishes, this strawberry soup should be used within 2-3 days of preparation. It can last longer if frozen and thawed when needed.



Orange Zip Strawberry Soup

I know, I know, some people think soup is just a concoction made up of blended vegetables and some sort of stock for extra oomph. Those individuals have obviously lived a very sheltered culinary life. Of course, your sensibilities in the kitchen extend to all sorts of unique and edifying edibles. That is why you've decided to create this delicious fruit soup! This orange zip strawberry soup recipe is sure to please. It has the perfect combination of texture, sweetness, and zip.



Armed with this recipe, you can feel confident bringing the food education to less-learned friends. Have a crew over for dinner, and add this soup to the menu.

Those beef and potatoes types that eschew everything that grows from the ground with roots will be singing a different tune after sampling this delectable dish. So, get your motor running and start preparing!

Orange Zip Strawberry Soup Ingredients

- 1 and 1/2 pounds of fresh or frozen strawberries
- 1 pint of yogurt
- 1/2 cup of orange juice
- 1/2 cup of sugar
- 1/2 cup of water
- 1/8 teaspoon of ground cardamom

Orange Zip Strawberry Soup Recipe Directions

If you are using fresh strawberries, wash and hull them. Put the strawberries in a blender and blend them together until the mixture is smooth. Slowly add the yogurt and continue to blend. When the yogurt is evenly blended, pour the strawberry mixture into a large mixing bowl and add the sugar, orange juice, cardamom, and water. Stir all the ingredients together until they are well blended. Place the bowl in the refrigerator and allow the mixture to chill for a minimum of 60 minutes. After the strawberry soup is chilled, serve it in soup bowls. Garnish with a sprig of mint or a fresh strawberry.

This recipe makes 4 delicious servings!

Recipe Notes

This orange zip strawberry soup recipe can be eaten with a meal, but also makes a great dessert. For thicker, more dessert-like consistency, you can substitute regular cream or heavy whipping cream instead of using the water.

Warm Strawberry Soup

There are a lot of strawberry recipes that you can make use of when creating tasty delights with the fruit from your strawberry plants. Since strawberry soup is most often served chilled and usually considered a warm weather delight, many folks may not know that it can be (and is) also a cool weather taste extravaganza. While most strawberry soups can be heated, this one is intended to be a warm strawberry soup recipe. So, try it out on a chilly fall or winter day!

But, beware! Trying this strawberry soup recipe may make you rush out, buy your own strawberry plants, and begin growing strawberries to feed your newly developed need for fantastic strawberry flavors



Warm Strawberry Soup Recipe: Ingredients

1 pint of strawberries
1 pint of water
1/4 cup of sugar
2 teaspoons of lemon juice
2 tablespoons of cornstarch blended with 2 tablespoons of cold water
2 tablespoons of sour cream

Warm Strawberry Soup Directions

Hull the strawberries. Put the water and strawberries in a covered saucepan, then simmer for ten minutes until mushy. When the strawberries are mushy, put them through a food mill or puree in a blender at low speed. After the strawberries are pureed, press them through a fine sieve. Return the puree to the saucepan. Add the rest of the ingredients to the saucepan and heat to a boil. Stir continuously while heating. Taste for sweetness and add more if desired. Serve topped with whipped cream, if desired. For a thicker soup, remove the excess water prior to blending the strawberries.

Recipe Notes

Strawberry soup, if you try it warm, may become a family favorite. If the soup is too thick or thin for your liking, more cornstarch can be added to thicken it, and more water can be added to thin it. One common modification that I recommend is using a 1/2 pint of dry white wine and a 1/2 pint of water mixture instead of 1 pint of straight water. Sour cream can also be replaced by buttermilk or heavy cream.

Once the soup is prepared, it should be consumed within two days. The uses of this dish are only limited by your imagination. Try it as a dip, or think up a new use for it.

Strawberry Salsa

Strawberry salsa is a wonderful treat for just about any occasion. However, when most people think of strawberry salsa, they think of the warm temperatures of summer. Cookouts and tortilla chips are, for many, synonymous with summer fun.

Whether you've harvested your spring or summer strawberries from your own home-grown strawberry plants or bought them at your local supermarket, using this strawberry salsa recipe can bring a smile to your face and diversity to your palate. In fact, there are a lot of strawberry recipes that you can make use of when creating tasty delights with the fruit from your strawberry plants. If you want one that will taste so good that your tongue will beat the top of your mouth half to death with happiness, this strawberry salsa recipe is for you. Unbeknownst to most, strawberry salsa can be prepared a multitude of ways, and the suitable uses for the dish are limited only by the imagination of the individual preparing it.



Whether you use this strawberry salsa recipe as a summertime marinade for the meats you are grilling or as a chip dip, it will enhance both the completeness of a meal and the experience of a season. Be creative, and you'll be rewarded with a taste to excite even the most lethargic taste buds!

Strawberry Salsa Recipe: Ingredients

- 1 cup of strawberries
- 1 cup of pineapple
- 1/2 cup of mango
- 2 tablespoons of lemon juice
- 1 tablespoon of ginger
- 2 teaspoons of sugar

Strawberry Salsa Directions

Hull and dice the strawberries. Peel and dice the mango. Remove the skin and fibrous core of the pineapple and dice it. Put all the ingredients into a blender and then blend until smooth.

Recipe Notes

Strawberry salsa is easy to prepare, serve, and use. If the resultant consistency is too thick for your liking, simply add a small amount of water until it is just right.

Also, if chunky fruit salsa is your preference, you can forgo the blending altogether or blend for just a few seconds. Try spicing it up a bit with a few mint leaves or fresh cilantro, too!

Once the salsa is prepared, refrigerate it and use it within two days. Although the shelf life for strawberry salsa is relatively short, you likely won't need to worry about it spoiling. It will most certainly be devoured quite rapidly by any group! Try it as a dip or as a marinade, or think up a new use for it.

Fresh Marinated Strawberries

Have you ever sat looking at a pile of fresh, unused strawberries just looking for an easy way to spice them up a bit without a lot of effort? If you have, keep this idea in mind: fresh marinated strawberries! Taking your just-picked strawberries to the next level can be done more simply than you might think. This fresh marinated strawberries recipe is simple, quick, and sure to please. This recipe will be a hit with everyone. Of course, be sure to substitute regular orange juice for the orange liqueur if youngsters will be munching an abundance of these strawberries with the adults.



Fresh Marinated Strawberries: Ingredients

2 cups of fresh strawberries
3 tablespoons of lemon juice
3 tablespoons of sugar
2 tablespoons of orange liqueur

Fresh Marinated Strawberries Recipe Directions

Wash and remove the green caps from the fresh strawberries. Then quarter the berries and sprinkle the sugar onto them. Let sit for 3 minutes. Sprinkle the lemon juice and orange liqueur onto the strawberries. Allow the strawberries to sit for an additional 30 minutes in the marinade or until they are room temperature. Then eat them up!

Recipe Notes

For an extra zip, fresh spearmint can be added. Finely chopped fresh spearmint should be sparsely sprinkled after the addition of the orange liqueur and lemon juice, if desired. Other fruit juices can be used instead of lemon juice or along with lemon juice.

Strawberries and Cottage Cheese

This strawberries and cottage cheese recipe is a delight for the taste buds. Cottage cheese is a long-standing member of the “goes well with fruit” club. Just about any fruit can be added to a bowl of cottage cheese for a quick, easy, and tasty breakfast dish, afternoon snack, or after-dinner dessert.

Cottage cheese is a form of curd cheese. It is generally drained but not pressed. This allows some of the whey to remain with the individual curds. The resultant cheese has a mild flavor that goes well with naturally-sweet ingredients like fruit. The substantive qualities of the curds combine wonderfully with the sweet (and occasionally slightly tart) flavors of fruit to make a delicious, yet satisfying, dish. Strawberries are uniquely suited for use with cottage cheese or other curd cheeses. Whip up a batch of this strawberries and cottage cheese recipe, and you will understand!



Strawberries and Cottage Cheese: Ingredients

- 2 cups of fresh strawberries
- 1 cup of cottage cheese
- 1/2 of a lemon (lemon juice can be substituted)
- 1 package of vanilla sugar
- 1/2 cup of whipped cream
- 2 tablespoons of sugar
- 2 tablespoons of grated cocoa

Strawberries and Cottage Cheese Recipe Directions

Put one cup of the strawberries and one half of a cup of the cottage cheese in a blender and blend until smooth. Add the vanilla sugar, sugar, and lemon juice. Add sugar to taste if not sweet to your liking. Pour the mixture into a mixing bowl. Cube the second cup of strawberries into small cubes and whip the whipping cream. Then carefully mix the cubed strawberries, whipped cream, and the remaining cottage cheese into the blended mixture. Divide the strawberries and cottage cheese recipe equally into four bowls. Sprinkle the cocoa over the top of each and garnish with a whole strawberry in the center of the bowl. Serve immediately or after chilling for a few hours in the refrigerator.

Recipe Notes

Strawberry syrup can be added for an extra strawberry kick.

Stuffed Strawberry Pumpkin

Lucky Charms cereal isn't the only thing that is delightfully delicious. No, siree. Strawberries are. And, so are pumpkins. You probably didn't know this, but I am about to introduce you to a little-known delight: the stuffed strawberry pumpkin. Strawberries are arguably the quintessential spring yummy. And, few things communicate fall-ness more than football, changing leaves, and, of course, PUMPKIN. Pumpkin pie, pumpkin pudding, and once you try this recipe, you'll be adding stuffed strawberry pumpkin to your own list.



So, when thanksgiving rolls around, don't do anything too drastic, like substituting pork chops for the turkey. But, if you try this stuffed pumpkin recipe, you'll create a positive furor amongst the blood-kin that will last for generations. They'll hail you as the originator of an all-time favorite family food tradition. And, if the NFL gets wind of it, they may even replace Madden's Turducken with Mama's stuffed strawberry pumpkin recipe for the annual Cowboys loss on Thanksgiving Day! (Simmer down, Cowboys fans...)

On your path to becoming the most famous foodie in your family tree, get these ingredients and follow the directions for a fantastic fall experience. Of course, you don't have to whip this up only when the leaves are red and yellow. It goes down easy during any season!

Strawberry Stuffed Pumpkin: Ingredients

- 1/2 cup of strawberries
- 1 medium-sized pumpkin
- 2 apples
- 1/2 cup of chunked pineapple
- 1/2 cup of walnuts
- 1 teaspoon of ground cinammon
- 1/2 teaspoon of ground nutmeg
- 1/4 teaspoon of ground cloves

Strawberry Stuffed Pumpkin Recipe Directions

First, prepare the pumpkin. Cut off the top of the pumpkin and clean out the seeds and stringy goop. Put the pumpkin in a baking pan with the cut side down and the bottom facing up. Bake it at 350 degrees F. (or 175 degrees C.) for 40 minutes or until it is soft. Scrape out the cooked pumpkin and place the scrapings into a bowl. Set aside.

Put the apples into a blender and blend until chunky. Quarter the walnuts and strawberries. Add all ingredients into the bowl with the pumpkin scrapings and mix them together very well. Spoon the resultant mixture back into the pumpkin shell and cover with the original top that was cut off of the pumpkin. Put the full pumpkin back into the oven and cook for 45 more minutes at 400 degrees F. (or 200 degrees C.) or until the filling is hot.

Serve it up, and become a folk legend and hero to subsequent generations!

Strawberry Cinnamon Cereal

When I was a kid, my weekend diet regimen was appalling. I'd eat Choco-puffs for breakfast, and I'd be hungry in an hour. So, handfuls of Kix tided me over until I sat down for a nutritious lunch: Quaker Instant Oatmeal, strawberry-flavored, of course. I would eat some candy for dessert, then munch on more carb-heavy cereal-like items for dinner and again when I felt snackish later.

Fortunately, I played outside most of the time, so I burned off those carbohydrates slaying imaginary pirates and rescuing poor souls from invisible dragons. If your diet choices are as irresponsible as mine were, you may want to skip this cereal. But, if you are even moderately responsible, you can make this delicious homemade cereal recipe a part of a well-balanced diet without wrecking your metabolism. It is fantastically yummy, so give it a try!



Before you make this, just consider yourself warned. This recipe may change the way you think about breakfast forever! Hearty and nutritious, this recipe will “stick to your ribs” as my mother used to say.

Strawberry Cinnamon Cereal Ingredients

- 2 cups of strawberries
- 1 stick of cinnamon
- 2 cups of apple juice
- 1/2 cup of wheat (pre-cooked)
- 1 cup of yogurt
- 1 fresh orange
- 4 tablespoons of honey
- 1 tablespoon of sugar

Strawberry Cinnamon Cereal Recipe Directions

First, put the apple juice and cinnamon stick in a pot and bring it to a boil. Add the wheat and cook for 20 minutes while gently stirring to prevent the wheat from being burned. Next, remove the cinnamon stick and remove from your heat source so that it is able to cool down. While the pot is cooling, wash the orange well. Then juice it. After juicing the orange, zest the peel or cut into very small pieces.

Add the orange juice and peel, honey, and yogurt into the pot and stir it together well. Finally, wash and hull the strawberries before quartering them and adding them to the mixture. Sprinkle the sugar onto the top and allow it to settle for one minute before eating. Eat while it is still warm!

Recipe Notes

This strawberry cinnamon cereal recipe makes a great breakfast cereal. It is minimally processed, so most of its nutrients remain intact, unlike most boxed and flaked cereals with spray-on synthetic vitamins that your body has difficulty absorbing.

Strawberry Pizza Recipe

Looking for something strawberry that is so delightful that your sizzling taste buds will scream for more? Well, boom. Here it is. This strawberry pizza recipe is the one to end your search for strawberry pizza recipes for all time. Family favorite, this will be. Delighted, you will be! In all seriousness, this recipe is sure to satisfy the needed visual aesthetic even as the gustatory pleasure is experienced with each luscious nibble. You are sure to soar to the heights of blissful taste experience by consuming this transcendent strawberry pizza, so make it today!



Strawberry pizza is one of many strawberry recipes that, due to the natural sweetness of strawberries, can be used in a multitude of ways during a meal. It can BE the meal; it can be served as a side item; or it can be presented as a dessert. Actually, the uses for strawberry pizza are only limited by your own creativity and imagination.

Strawberry Pizza Recipe: Ingredients for Topping

- 4 cups of sliced fresh strawberries
- 1 package of strawberry gelatin (3 oz)
- 1 cup of water
- 1/2 cup of sugar
- 4 tablespoons of cornstarch
- 1/2 teaspoon of salt

Strawberry Pizza Recipe: Ingredients for Filling

- 1 package of cream cheese (8 oz)
- 8 oz of whipped topping
- 3/4 cups of powdered sugar

Strawberry Pizza Recipe: Ingredients for Crust

- 1 and 1/2 cups of flour
- 1 cup of butter
- 1/2 cup chopped pecans
- 1/4 cup brown sugar

Strawberry Pizza Recipe Directions

Prepare the crust first. To make it, mix all the ingredients together in a large bowl to form the dough and spread it into a pizza pan. Then, bake it at 400 degrees Fahrenheit for 15 minutes. Remove when done and allow the crust to cool. To make the filling, first mix together the sugar and cream cheese. Subsequently, fold in the whipped topping. Spread the filling over the cool crust. For the topping, you will need two bowls. In one bowl combine the sugar, salt, gelatin, and 1/2 cup of water. In the second bowl, dissolve the cornstarch in the remaining 1/2 cup of water. Stir the dissolved cornstarch into the gelatin mixture and then cook over medium heat until thickened. Stir the sliced strawberries in until they are well-coated. Allow them to cool. Once cooled, spread them on top of the filling and chill. Serve when chilled!

Homemade Strawberry Syrup Recipe

Most kids have fond memories of upending a syrup bottle and squeezing an inordinate amount of thick, sugary deliciousness into a glass of pure white milk. As any kid knows, when the milk is either about to overflow or equal to the accumulated syrup in the bottom of the glass, it is then time to stir. Whether stirred vigorously or slowly, watching the white milk turn red or brown with strawberry syrup or chocolate syrup is like a dingy bell for old Pavlov's canine companion. Every kid knows that it is time to enjoy a treat when the color is uniform.



While stirring syrup into a glass of milk may be the only thing young children are capable of concocting in the kitchen until they are a bit older, you are likely a master of such skills by this time. And, even if you aren't, you can still undertake this simple homemade strawberry syrup recipe. Whether waffles, ice cream, or just a glasses of milk are begging for a little strawberry love, this fantastic recipe will be just what puts the perfect touch of finality to whatever it is you are making!

While you could choose to eat this syrup plain, it goes best with other delightful edibles. Drizzle it here and there for accents or flavor enhancement. It goes excellently with virtually any dish or recipe that calls for both fruit of any kind and whipped cream!

This is an especially helpful recipe to make if you have an abundance of extra strawberries during harvest, or if you find a few still-good strawberries marked down at the grocery store as they near the end of their shelf life.

Homemade Strawberry Syrup Ingredients

5 cups of strawberries
1 and 1/2 cups of water
1 cup of sugar
2 tablespoons of lemon juice

Homemade Strawberry Syrup Recipe Directions

First, wash and hull the strawberries, then slice them into halves.

Put all the ingredients into a medium saucepan or pot with a lid and bring to a boil with the lid on. Once the mixture is bubbling, allow it to continue to boil for ten minutes (the lid remains on). After the ten minutes have completed, strain the strawberries through a fine mesh sieve. Be sure to press the strawberries to remove as much liquid as possible.

Return the liquid to the saucepan/pot and cook for an additional 5 to 10 minutes or until the liquid takes on a syrupy consistency. Remove from heat and allow the syrup to cool. Once the mixture is no longer hot, pour it into clean jars or bottles (whatever glass container you wish to store it in or from which you will serve it). As the syrup cools, it will thicken further. For thickest consistency, refrigerate.

This recipe makes approximately two cups of syrup. Double or triple it for more. If consistently refrigerated when not in use, the syrup will remain good for several weeks.

Recipe Notes

The possibilities for this recipe are practically endless. As your friends marvel at this made from scratch strawberry syrup, you can be adding it to milkshakes or smoothies to serve up in minutes. It also goes well with pancakes and can be added to carbonated water or soda to make your own sparkling strawberry beverage. The options are as limitless as the recipe is awesome!

Appendix A:

SPECIAL REPORT #1:

Jam Secrets

Hopefully, your strawberry plants produced abundantly this year and will for many years to come. One of the favorite strawberry-related summer traditions is the production of strawberry freezer jam. Making freezer jam is an art in its own right, but these secrets can help you be a successful (and healthy) canner of jams.



Strawberry freezer jam is considered to be a member of the strawberry preserves family, and the instructions for preserving are quite important to follow carefully to ensure that the canned freezer jam won't pose a health risk to those who consume it later. However, when instructions are given, it is important to factor in the altitude at which the cans will be boiled (in a water bath canner).

As altitude increases, pressure decreases. When atmospheric pressure decreases, the boiling point of water decreases. This means that water will boil at a lower temperature. Since high, bacteria-killing temperatures are required to ensure that the substances being canned are safe to store, water must be boiled for longer periods at high altitudes to ensure the same effect that boiling at lower altitudes achieves in less time. So, here is what you need to know:

Boiling Times for Strawberry Freezer Jam

Follow whichever recipe you choose for your strawberry freezer jam. Prior to placing the jars in the water bath canner, look up your altitude (you can also check with your county extension agent for this information, or you can use <http://earthtools.org>). Once you know your altitude, use this simple chart to add time to the recommended boiling time as your elevation dictates:

Jar size	Processing time (minutes) at various elevations		
	0–1,000 ft	1,001–6,000 ft	above 6,000 ft
Half-pint or pint	5	10	15

Boiling Times for Strawberry Freezer Jam

Of course, strawberry freezer jam is so delicious, you'll probably not see it still on the shelf after a year anyway! But, just in case you do, ensuring that adequate temperatures were attained while boiling will allow you to store your jars of strawberry freezer jam on a cool and dark shelf for up to five years.

Did your strawberry plants produce abundant strawberries this year? Hopefully so! Whether you grow your own, go strawberry picking, or buy them at the store, many people take time to prepare enough strawberry jam to last them through the winter until spring brings revived strawberry plants and another harvest.

Strawberry jam is not quite the same as a fine wine or expensive cheese. Strawberry jam has a limited shelf life. Eating strawberry jam that is a decade old will likely be hazardous to your health. In fact, I wouldn't recommend eating strawberry jam that has been on the shelf for five years.

But, there is one simple (and a little bit fun) secret that can extend the life of your canned strawberry goodness quite a bit. I'll give you a hint: the secret strawberry jam tip involves a fiery furnace...



Ok, well, maybe not a fiery furnace, but it does involve fire. So, if you are not capable, trained, experienced, and brave, don't try this at home.

When fire burns, it consumes oxygen as it turns some combustible material into energy (heat). Using fire, one can vacuum seal his jars of strawberry jam. Removing the oxygen inside a sealed jar usually prolongs the shelf life of whatever is in the jar. So, here is what you need to know:

How to Vacuum Seal Your Jars of Strawberry Jam

Follow whichever recipe you choose for your strawberry jam. Prior to putting the lid on and sealing it, add a tablespoon of a combustible alcoholic beverage (vodka, gin, whiskey, etc.) to the top of the jam. Light the alcohol and quickly close and seal the lid. The fire will consume the alcohol and the oxygen leaving you with a vacuum seal that will help extend the life of the strawberry jam.

Enjoy!

Appendix B:

SPECIAL REPORT #2:

Recommended Strawberry Varieties

As one might expect, there are a lot of different climates and growing conditions out there. Each of the United States and Canadian provinces/territories has its own unique general soil composition, rainfall, and weather patterns.

Consequently, any given strawberry plant variety is likely to do better in one specific region than other regions. While some cultivars are able to adapt to many environments, others have been bred to be highly productive in a relatively narrow climate range.



This guide is a location-by-location list of strawberry varieties that do well in each state. Once you find your state and a prospective variety for your own garden, you can check the availability of that variety at local nurseries in your area, or you can use the links (for varieties available for sale online) to compare prices at various online retailers, if you'd prefer to do so.

Recommended Strawberry Varieties by State

The states and the specific varieties recommended for growing in each one are listed in alphabetical order below. Simply scroll down to the appropriate state. If the variety is linked, clicking the link will take you directly to a list of nurseries or wholesalers who offer that particular variety for sale online (requires internet connection).

ALABAMA

Recommended strawberry varieties for Alabama: Albritton, [Allstar](#), [Cardinal](#), [Chandler](#), Delite, Douglas, Earlibelle, [Earliglow](#), [Sunrise](#). (According to the Alabama Cooperative Extension Services of Alabama A&M and Auburn Universities)

ALASKA

Recommended strawberry varieties for Alaska: Brighton, [Fern](#), [Hecker](#), Irvine, Mrak, Muir, [Ogallala](#), [Ozark Beauty](#), [Quinault](#), Selva, Streamliner, Superfection, Tillicum, [Tribute](#), [Tristar](#), Yolo. (According to the University of Alaska Fairbanks Cooperative Extension Service)

ARIZONA

Recommended strawberry varieties for Arizona: [Camarosa](#), [Chandler](#). Note: Arizona is not considered a good location for strawberry cultivation. (According to the University of Arizona Citrus Agricultural Center)

ARKANSAS

Recommended strawberry varieties for Arkansas: [Cardinal](#), [Camarosa](#), [Chandler](#), Delmarvel, [Earliglow](#), [Lateglow](#), [Noreaster](#), [Sweet Charlie](#), [Tribute](#), [Tristar](#). (According to the University of Arkansas Department of Agriculture Cooperative Extension Service)

CALIFORNIA

Recommended strawberry varieties for California: [Albion](#), [Aromas](#), [Camarosa](#), [Camino Real](#), [Chandler](#), [Diamante](#), [Gaviota](#), Oso Grande, Pacific, [Seascape](#), Selva, [Ventana](#). (According to the California Strawberry Commission)

COLORADO

Recommended strawberry varieties for Colorado: Catskill, Empire, Fairfax, [Fort Laramie](#), Geneva, [Guardian](#), Marlate, [Ogallala](#), [Ozark Beauty](#), [Quinault](#), [Redchief](#), Red Rich, Redstar, [Robinson](#), Superfection, [Tribute](#). (Colorado State University Cooperative Extension Service)

CONNECTICUT

Recommended strawberry varieties for Connecticut: [Brunswick](#), [Cabot](#), [Clancy](#), [Darselect](#), [Earliglow](#), [Eros](#), [Honeoye](#), [Jewel](#), [L'Amour](#), [Sable](#). (According to the New England Vegetable and Fruit Conference)

DELAWARE

Recommended strawberry varieties for Delaware: [Allstar](#), Delite, [Earliglow](#), [Guardian](#), [Late Glow](#), [Red Chief](#), [Sparkle](#), [Tribute](#), [Tristar](#). (According to the University of Delaware College of Agriculture & Natural Resources Cooperative Extension)

FLORIDA

Recommended strawberry varieties for Florida: Calibrate, [Camarosa](#), Florida Belle, Florida 90, Rosa Linda, [Sequoia](#), [Sweet Charlie](#), [Strawberry Festival](#), [Tioga](#). (According to the University of Florida University Relations Department)

GEORGIA

Recommended strawberry varieties for Georgia: Apollo, Delite, [Cardinal](#), [Earliglow](#), [Sunrise](#), [Surecrop](#). (According to the University of Georgia College of Agricultural & Environmental Sciences)

HAWAII

Recommended strawberry varieties for Hawaii: [Eversweet](#), [Quinault](#), [Seascape](#). Although strawberries are grown commercially on the Islands, and the *Fragaria chiloensis* species of strawberries grow at elevation there, they are more difficult to grow in the tropical environment and not highly recommended. The three varieties listed are sold in nurseries on Hawaii.

IDAHO

Recommended strawberry varieties for Idaho: [Allstar](#), [Benton](#), Blomidon, Catskill, [Cavendish](#), [Earliglow](#), [Fort Laramie](#), [Glooscap](#), [Guardian](#), [Honeoye](#), [Jewel](#), [Lateglow](#), Lester, Micmac, [Quinault](#), [Redchief](#), Scott, [Shuksan](#), [Surecrop](#), [Totem](#), [Tribute](#), [Tristar](#). (According to the University of Idaho Extension Service)

ILLINOIS

Recommended strawberry varieties for Illinois: [Allstar](#), [Annapolis](#), Delmarvel, [Earliglow](#), [Honeoye](#), [Jewel](#), [Kent](#), [Seneca](#), [Tribute](#), [Tristar](#). (According to the University of Illinois Extension Service)

INDIANA

Recommended strawberry varieties for Indiana: Delite, [Earliglow](#), [Fort Laramie](#), [Guardian](#), [Sunrise](#), [Ozark Beauty](#), [Redchief](#), [Sparkle](#), [Surecrop](#). (According to the Purdue University Extension Service)

IOWA

Recommended strawberry varieties for Iowa: [Annapolis](#), [Cavendish](#), Delmarvel, [Honeoye](#), [Jewel](#), [Kent](#), [Mohawk](#), [Primetime](#), [Winona](#). (According to the Iowa State University Southeast Research and Demonstration Farm)

KANSAS

Recommended strawberry varieties for Kansas: [Allstar](#), [Earliglow](#), [Guardian](#), [Northeast](#), [Ogallala](#), [Ozark Beauty](#), [Primetime](#), [Redchief](#), [Tribute](#), [Tristar](#). (According to the Kansas State University Agricultural Experiment Station and Cooperative Extension Service's Horticultural Report)

KENTUCKY

Recommended strawberry varieties for Kentucky: [Camarosa](#), [Chandler](#), [Jewel](#), [Northeast](#), [Sweet Charlie](#). (According to the University of Kentucky Department of Horticulture and Landscape Architecture's Fruit and Vegetable Crops Research Report)

LOUISIANA

Recommended strawberry varieties for Louisiana: [Camarosa](#), [Camino Real](#), [Strawberry Festival](#). (According to the Louisiana State University AgCenter Research & Extension)

MAINE

Recommended strawberry varieties for Maine: [Allstar](#), Bounty, Catskill, [Earliglow](#), [Guardian](#), [Lateglow](#), Midway, [Mira](#), [Mohawk](#), [Northeast](#), [Surecrop](#). (According to the University of Maine Cooperative Extension Service)

MARYLAND

Recommended strawberry varieties for Maryland: [Allstar](#), Bish, [Chandler](#), [Darselect](#), [Eros](#), [Jewel](#), KRS-10, [Oviation](#), [Seascape](#). (According to the University of Maryland Agricultural Experiment Station). [Flavorfest](#) (recommended by Kim Lewers of the USDA's Agricultural Research Service)

MASSACHUSETTS

Recommended strawberry varieties for Massachusetts: Catskill, Earlidawn, Fletcher, [Guardian](#), Midway, Raritan, [Redchief](#), [Sparkle](#), [Surecrop](#). (According to farminfo.org)

MICHIGAN

Recommended strawberry varieties for Michigan: [Allstar](#), [Annapolis](#), Bounty, [Cavendish](#), [Chambly](#), Delmarvel, [Earliglow](#), [Glooscap](#), [Honeoye](#), [Jewel](#), [Redchief](#), [Tribute](#), [Tristar](#). (According to the Michigan State University Extension Van Buren County)

MINNESOTA

Recommended strawberry varieties for Minnesota: [Cavendish](#), [Kent](#), [Mesabi](#), [Winona](#). (According to the University of Minnesota Agricultural Experiment Station and Extension Service)

MISSISSIPPI

Recommended strawberry varieties for Mississippi: [Cardinal](#), [Chandler](#), Comet, Dixieland, Douglas, Florida 90, Pocahontas, [Sunrise](#), Tangi, [Tennessee Beauty](#). (According to the Mississippi State University Extension Service)

MISSOURI

Recommended strawberry varieties for Missouri: [Allstar](#), [Cardinal](#), [Earliglow](#), [Guardian](#), [Honeoye](#), [Jewel](#), [Lateglow](#), [Ogallala](#), [Ozark Beauty](#), [Redchief](#), [Sparkle](#), [Surecrop](#), [Tribute](#), [Tristar](#). (According to the University of Missouri Horticultural MU Guide)

MONTANA

Recommended strawberry varieties for Montana: Catskill, [Fern](#), [Fort Laramie](#), [Gem](#), [Glooscap](#), [Hecker](#), [Honeoye](#), [Ogallala](#), Red Rich, [Redcoat](#), [Senator Dunlap](#), [Sparkle](#), Streamliner, [Tribute](#), [Tristar](#), [Veestar](#), Vibrant. (According to the Montana State University Extension Service)

NEBRASKA

Recommended strawberry varieties for Nebraska: [Earliglow](#), [Ft. Laramie](#), [Ogallala](#), [Sunrise](#), [Surecrop](#), [Redchief](#), [Tribute](#), [Tristar](#). (According to the University of Nebraska Lincoln Extension in Lancaster County)

NEVADA

Recommended strawberry varieties for Nevada: [Camarosa](#), [Chandler](#). Note: Nevada is not considered a good location for strawberry traditional strawberry cultivation.

NEW HAMPSHIRE

Recommended strawberry varieties for New Hampshire: [Allstar](#), [Cavendish](#), Cornwallis, [Earliglow](#), [Redchief](#), [Sparkle](#). (According to the University of New Hampshire Cooperative Extension)

NEW JERSEY

Recommended strawberry varieties for New Jersey: Delmarvel, [Earliglow](#), [Guardian](#), Latestar, Lester, [Northeast](#), Raritan, [Redchief](#), [Sparkle](#), [Tribute](#), [Tristar](#). (According to the National Sustainable Agriculture Information Service)

NEW MEXICO

Recommended strawberry varieties for New Mexico: [Fern](#), [Fort Laramie](#), [Gem](#), [Guardian](#), [Ogallala](#), [Ozark Beauty](#), [Quinault](#), [Robinson](#), Selva, [Sequoia](#), Streamliner, Superfection, [Surecrop](#), [Tribute](#), [Tristar](#), Tufts. (According to the New Mexico State University Cooperative Extension Service and College of Agriculture and Home Economics)

NEW YORK

Recommended strawberry varieties for New York: [Allstar](#), Bounty, [Cavendish](#), Delite, [Earliglow](#), Fletcher, [Guardian](#), [Honeoye](#), [Jewel](#), [Kent](#), Raritan, [Redchief](#), Scott. (According to the Cornell Cooperative Extension Suffolk County)

NORTH CAROLINA

Recommended strawberry varieties for North Carolina: [Albion](#), Bish, [Camarosa](#), [Camino Real](#), [Chandler](#), [Gaviota](#), [Gem Star](#), Oso Grande, [Seascape](#), [Strawberry Festival](#), [Sweet Charlie](#), Treasure, [Ventana](#). (According to the North Carolina Strawberry Association)

NORTH DAKOTA

Recommended strawberry varieties for North Dakota: [Dunlap](#), [Ft. Laramie](#), [Gem](#), [Honeoye](#), [Redcoat](#), Stoplight, [Trumpeter](#). (According to the North Dakota State Agricultural and University Extension)

OHIO

Recommended strawberry varieties for Ohio: Delite, [Earliglow](#), [Guardian](#), [Kent](#), [Lateglow](#), Lester, Midway, [Redchief](#), [Surecrop](#), [Tribute](#), [Tristar](#). (According to the Ohio State University Extension)

OKLAHOMA

Recommended strawberry varieties for Oklahoma: Albritton , [Allstar](#), Apollo, Arking, [Blakemore](#), Canoga, [Cardinal](#), [Chandler](#), Delite, [Earliglow](#), Fletcher, [Guardian](#), Holiday, [Hood](#), [Lateglow](#), Luscious Lady, [Ozark Beauty](#), Scott, Spring Giant, [Sunrise](#), [Surecrop](#), [Tennessee Beauty](#), [Trumpeter](#). (According to the Oklahoma State University Cooperative Extension Service)

OREGON

Recommended strawberry varieties for Oregon: [Benton](#), [Fern](#), [Ft. Laramie](#), [Hecker](#), [Hood](#), Olympus, [Ozark Beauty](#), [Puget Reliance](#), [Quinault](#), [Rainier](#), Redcrest, Selva, [Shuksan](#), Sumas, Tillikum, [Tristar](#), [Totem](#). (According to the Oregon State University Extension Service)

PENNSYLVANIA

Recommended strawberry varieties for Pennsylvania: [Albion](#), [Allstar](#), [Camarosa](#), [Chandler](#), [Darselect](#), [Earliglow](#), [Everest](#), [Evie-2](#), [Honeoye](#), [Jewel](#), [L'Amour](#), [Seascape](#), [Sweet Charlie](#), [Tribute](#), [Tristar](#), [Wendy](#). (According to the Penn State University Small-scale and Part-time Farming Project)

RHODE ISLAND

Recommended strawberry varieties for Rhode Island: [Brunswick](#), [Cabot](#), [Clancy](#), [Darselect](#), [Earliglow](#), [Eros](#), [Honeoye](#), [Jewel](#), [L'Amour](#), [Sable](#). (According to the New England Vegetable and Fruit Conference)

SOUTH CAROLINA

Recommended strawberry varieties for South Carolina: Albritton, Apollo, [Cardinal](#), [Chandler](#), Delite, Douglas, [Earliglow](#), Florida 90, [Sunrise](#), [Surecrop](#), [Tioga](#). (According to the Clemson University Cooperative Extension Service)

SOUTH DAKOTA

Recommended strawberry varieties for South Dakota: [Annapolis](#), Bounty, Crimson King, [Earliglow](#), [Ft. Laramie](#), [Glooscap](#), [Honeoye](#), [Jewel](#), [Kent](#), [Ogallala](#), [Ozark Beauty](#), [Redcoat](#), Selva, [Seneca](#), Settler, [Sparkle](#), [Tribute](#), [Tristar](#), [Trumpeter](#), [Veestar](#). (According to the South Dakota State University Cooperative Extension Service)

TENNESSEE

Recommended strawberry varieties for Tennessee: [Allstar](#), [Cardinal](#), Delite, Delmarvel, [Earliglow](#), [Guardian](#), [Lateglow](#), [Red Chief](#), Scott, [Surecrop](#), [Tribute](#), [Tristar](#). (According to the Agricultural Extension Service of the University of Tennessee)

TEXAS

Recommended strawberry varieties for Texas: [Allstar](#), [Cardinal](#), [Chandler](#), Douglas, Pajaro, [Sequoia](#). (According to the Texas A&M System, Department of Horticultural Sciences, AgriLife Extension)

UTAH

Recommended strawberry varieties for Utah: [Allstar](#), [Chandler](#), [Earliglow](#), [Evie-2](#), [Honeoye](#), [Jewel](#), [Ogallala](#), [Seascape](#), [Sparkle](#), [Tribute](#). (According to the Utah State University Cooperative Extension)

VERMONT

Recommended strawberry varieties for Vermont: [Allstar](#), [Annapolis](#), [Brunswick](#), [Cabot](#), [Cavendish](#), [Clancey](#), Cornwallis, [Darselect](#), [Earliglow](#), [Everest](#), [Honeoye](#), [Jewel](#), [Kent](#), [L'Amour](#), [Lateglow](#), [Mesabi](#), Mic Mac, [Mira](#), [Mohawk](#), [Northeaster](#), [Sable](#), [Seascape](#), [Seneca](#), [Sparkle](#), [Tribute](#), [Tristar](#), [Veestar](#), [Winona](#). (According to the University of Vermont Extension)

VIRGINIA

Recommended strawberry varieties for Virginia: [Allstar](#), Delite, Delmarvel, [Earliglow](#), [Honeoye](#), [Lateglow](#), [Ozark Beauty](#), [Redchief](#), [Sunrise](#), [Surecrop](#), [Tribute](#), [Tristar](#). (According to the Virginia Cooperative Extension)

WASHINGTON

Recommended strawberry varieties for Washington: [Hood](#), Nanaimo, [Puget Reliance](#), [Quinault](#), [Rainier](#), Selva, [Shuksan](#), Tillicum, [Totem](#), [Tribute](#), [Tristar](#). (According to the Washington State University Extension)

WEST VIRGINIA

Recommended strawberry varieties for West Virginia: [Allstar](#), [Annapolis](#), [Earliglow](#), [Sable](#), [Seneca](#), [Surecrop](#). (According to the West Virginia University Extension Service)

WISCONSIN

Recommended strawberry varieties for Wisconsin: [Annapolis](#), [Cavendish](#), [Crimson Fern](#), [Fort Laramie](#), King, [Earliglow](#), [Glooscap](#), [Honeoye](#), [Jewel](#), [Kent](#), [Lateglow](#), Lester, [Mesabi](#), [Mira](#), [Ogallala](#), [Ozark Beauty](#), Raritan, [Redchief](#), [Seascape](#), Selva, [Seneca](#), [Sparkle](#), [Tribute](#), [Tristar](#), [Winona](#). (According to the Cooperative Extension System of the University of Wisconsin)

WYOMING

Recommended strawberry varieties for Wyoming: [Dunlap](#), [Fort Laramie](#), [Guardian](#), [Honeoye](#), [Ogallala](#), [Ozark Beauty](#), [Quinault](#), [Redcoat](#), [Surecrop](#), [Tribute](#), [Tristar](#), [Trumpeter](#). (According to the University of Wyoming College of Agriculture)

Recommended Strawberry Varieties for Canada

Strawberry plants are, in my humble opinion, a truly fascinating marvel of nature. They are amazingly adaptable; they propagate themselves in a plurality of ways; and they produce a fleshy red, white, yellow, or purple fruit that is universally prized by the intelligent and instinctive creatures that live all around us (including us human folk!). They have developed and adapted means of surviving sub-zero temperatures, and, consequently, can be grown from the warmer temperate regions of our great planet all the way north or south to the frigid regions.

But, their adaptability and genetic flexibility have allowed for selective breeding. Researchers have been able to breed for desired characteristics. And, while such breeding programs have allowed for improved disease resistance, bigger strawberries, different colors, and more commercially-viable cultivars, the breeding has also culled some of the hardiness from some of the varieties as specificity has narrowed by region. Today, not just any strawberry variety will do well in just any ol' location. The more extreme the weather, the more specific one should be when selecting a specialized variety for planting in order to obtain the best harvest from your efforts.



These are the recommended varieties for each territory or province in Canada, listed alphabetically:

ALBERTA

Appropriate Alberta strawberry varieties as recommended by Alberta Agriculture and Rural Development: **June-bearing**: Bounty, Cavendish, Glooscap, Honeoye, Kent; **Everbearing**: Fort Laramie, Ogallala; **Day-neutral**: Albion, Fern, Seascape, Tristar.

BRITISH COLUMBIA

Appropriate British Columbia strawberry varieties as recommended by the British Columbia Ministry of Agriculture; Pacific Agri-Food Research Centre, Agriculture and Agri-Food Canada:

June-bearing: Clancy, Hood, Honeoye, Nisgaa (BC 92-20-85), Puget Crimson (WSU 2833), Puget Reliance, Rainier, Shuksan, Stolo (BC 96-33-4), Sweet Bliss (Orus 2180-1), Totem, Valley Red (ORUS 1790-1); **Day-neutral**: Albion, Diamante, Monterey, San Andreas, Seascape, Selva.

Good strawberry varieties for British Columbia according to the Fraser Valley Strawberry Growers Association:

June-bearing: Charm, ORUS 2427-4, Puget Crimson, Sweet Bliss, Sweet Sunrise, Valley Red.

MANITOBA

Appropriate Manitoba strawberry varieties as recommended by Manitoba Agriculture, Food and Rural Initiatives Crops Knowledge Centre:

June-bearing: Kent, Glooscap; **Day-neutral**: Seascape; **Everbearing**: Fort Laramie, Ogallala.

NEW BRUNSWICK

Appropriate New Brunswick strawberry varieties as recommended by the New Brunswick Department of Agriculture, Aquaculture and Fisheries:

June-bearing: Annapolis (early), Blomidon (mid-to-late), Bounty (late), Cavendish (midseason), Glooscap (midseason), Kent (midseason), Veestar (early).

NEWFOUNDLAND AND LABRADOR

Appropriate Newfoundland and Labrador strawberry varieties as recommended by StrawberryPlants.org:

June-bearing: Cavendish, Glooscap, Kent; **Day-neutral**: Seascape, Tristar; **Everbearing**: Fort Laramie, Ogallala.

NORTHWEST TERRITORIES

Appropriate Northwest Territories strawberry varieties as recommended by the Northwest Territories Territorial Farmers Association:

Any [Alpine](#) strawberry variety (*Fragaria vesca* species).

NOVA SCOTIA

Appropriate Nova Scotia strawberry varieties as recommended by Atlantic Food and Horticulture Research Centre in Kentville; Horticulture Nova Scotia:

June-bearing: Annapolis, Kent, Mira, Sable.

NUNAVUT

Appropriate Nunavut strawberry varieties as recommended by StrawberryPlants.org:

June-bearing: Cavendish, Kent; **Day-neutral**: Seascape, Tristar.

ONTARIO

Appropriate Ontario strawberry varieties as recommended by the Ontario Ministry of Agriculture and Food:
Early to early mid-season June-bearing: Annapolis, Brunswick, Darselect, Evangeline, Glooscap, Honeoye, Itasca, Mohawk, Sable, V151, Veestar, Wendy; **Mid-season to Late mid-season:** Allstar, Cabot, Cavendish, Governor Simcoe, Jewel, Kent, L'Amour, Mira, Sapphire; **Late season:** L'Authentique Orleans, Serenity, St. Pierre, R14, Valley Sunset; **Day-neutral:** Albion, Evie 2, Seascape.

PRINCE EDWARD ISLAND

Appropriate Prince Edward Island strawberry varieties as recommended by the Prince Edward Island Department of Agriculture and Forestry:

June-bearing: AC Valley Sunset, Cabot, Glooscap, Jewel, Mira, Orleans, St. Laurent.

QUEBEC

Appropriate Quebec strawberry varieties as recommended by the Agriculture and Agri-Food Canada (AAFC) sub-station in L'Acadie:

June-bearing: Annapolis, Chambly, Harmonie, Honeoye, Kent, La Clé des Champs, Mira, Saint Laurent, Saint-Pierre, Yamaska; **Day-neutral:** Albion.

Good strawberry varieties for Quebec according to the Lareault Nursery:

June-bearing: Annapolis, Bounty, Cabot, Cavendish, Chambly, Clé des Champs, Évangéline, Flavorfest, Glooscap, Harmonie, Harriot, Honeoye, Jewel, Kent, Lila, Mira, Sable, St-Jean d'Orléans, St-Pierre, Serenity, Sparkle, Summer Dawn, Summer Rose, Summer Ruby, Valley Sunset, Veestar, Wendy; **Day-neutral:** Albion, Charlotte, Mara des bois, Monterey, Seascape.

SASKATCHEWAN

Appropriate Saskatchewan strawberry varieties as recommended by the University of Saskatchewan Fruit Program:

June-bearing: Annapolis, Bounty, Cavendish, Kent; **Day-neutral:** Fern, Seascape, Tristar; **Everbearing:** Fort Laramie, Ogallala.

YUKON

Appropriate Yukon strawberry varieties as recommended by Yukon Agriculture Research & Demonstration:

June-bearing: Cavendish, Kent.

Appendix C:

SPECIAL REPORT #3:

Best Strawberry Varieties for Making Wine

The Best Strawberries for Making Strawberry Wine

Every now and then, an adventurous soul will decide to start making strawberry wine (you can learn about making strawberry wine on pages 33-34 of this cookbook). Invariably, one of the first questions asked is, “What are the best strawberries for making for making strawberry wine?” After all, it all begins with the strawberries!



Best Strawberries for Wine: Background

Strawberries are uniquely suited for making “consume-me-now” wines. Unlike wines made from grapes, aging doesn’t improve the body of many strawberry wines. Additionally, the relatively high sugar content of virtually all strawberries makes most strawberry varieties suitable for wine making. Grapes, on the other hand, are highly variable. Some grape varieties are noble, and some are, well, not. By no means are all grapes equal when it comes to wines. And, to be fair, all strawberries are not equal either; it is just that the variability is much less, making most strawberry varieties acceptable choices.

The Best Strawberries for Making Strawberry Wine

When it comes to making a preeminent dessert wine, no strawberries compare to the two red, full-flavored wild-type strawberries: *Fragaria virginiana* and *Fragaria vesca* (aka Alpine strawberries). You can find these plants for sale [here](#) and [here](#).

Each wild strawberry species carries with it a truly intense flavor and aroma, and, if you can grow enough of them, makes an exquisite wine. Unfortunately, there are a few reasons these powerful berries don’t find themselves in wine bottles very often. Compared to modern cultivars, these plants produce only a small yield of small strawberries. So, while they may be the best strawberries for wine making, beverages made with them tend to carry an exquisite price tag to match their exquisite body. A good choice for a wine-making strawberry that falls somewhere between the wild strawberries and the typical run-of-the-mill variety is the aromatic [Mara des Bois](#). It is good for making wine, and it is commonly used for that purpose in Europe. A newer variety released in March of 2012 also holds much promise for wine-making: [Purple Wonder](#). It is, by far, the deepest-colored strawberry on the market, and also has an excellent aroma.



Strawberry Wine Making: Next Best Varieties

While not the penultimate best strawberries for making strawberry wine, several June-bearing cultivars have come to be the “best choice” for most individuals and wineries looking to produce a significant quantity of high-quality and affordable strawberry wine. While whichever June-bearing variety that grows well in any given climate will do reasonably well as a wine strawberry, the varieties that have assumed the mantle of

tradition as good wine making strawberries are Albritton, [Cardinal](#), [Dunlap](#), [Earliglow](#), [Sparkle](#), and [Sweet Charlie](#).

Best Strawberries for Making Strawberry Wine: Wine Strawberry

In conclusion, virtually any strawberry will make a decent strawberry wine. So, in that sense, every strawberry can be a wine strawberry! If you every have the chance to cultivate the wild strawberries, take advantage of it. While unmistakably strawberry, they will truly delight your palate in a way no strawberry has before (whether eaten raw or used to make a beverage). If you can't obtain enough of said strawberries to make wine, the other strawberry varieties are the next best wine strawberries and will surely not fail to please.

Good luck!

Appendix D:

SPECIAL REPORT #4:

Strawberry Buying Guide

Didn't Plant Any Strawberry Plants?

If you have even half of a square foot of dirt, you can plant your own strawberry plants and reap your own fresh-picked strawberry harvest. But, life is busy, and most people will end up buying their strawberries off the shelf at a grocery store. This special report is a guide for picking strawberries off the shelf and will help you make the most of your strawberry purchases!

Strawberries Are on Strawberry Plants before They Reach the Shelf!

When purchasing strawberries at a grocery store, it is important to understand from where the strawberries came. They were, of course, most likely grown on strawberry plants in a field somewhere. It is unlikely that the strawberry variety (the specific cultivar) will be listed on the packaging. It is also unlikely that all of the methods used to grow the strawberries will be listed anywhere. That's too bad, but that is the reality of the situation.



Knowing the practices used to grow the strawberry plants and which of the strawberry varieties was grown can give an educated shopper a good idea as to the taste and quality of the strawberries on the shelf. Additionally, the time of year, soil conditions, and weather conditions can also affect taste and strawberry quality.

For example, if you are buying fresh strawberries that were grown in California during the short-day season (winter), it is likely that you are either getting Camarosa strawberries, Ventana strawberries, or one of the newer cultivars, Benicia or Mojave strawberries. Similarly, you can expect to get differing strawberry flavors and nuances depending on when and where you buy strawberries. Usually, a farmer will be able to tell you exactly which cultivar of strawberry plants he planted to produce his strawberries.

Just remember, not all strawberries are created equally. Buying similar-looking strawberries in the same packaging from the same location at two different times during the year will almost certainly mean you are buying different strawberry varieties that will have differing flavor profiles. If you really want to find additional information about the strawberries you purchase, you can run the numbers through the UPC codes table below to glean more information.

How Clean Are Strawberries?

The Environmental Working Group compiles testing results for many common fruits and vegetables annually. This data is then used to make a list of the 15 cleanest and 12 dirtiest ones. Sadly, strawberries prove to be quite contaminated virtually every year. They seem to have a permanent spot in the "Dirty Dozen" list. In fact, a single sample was contaminated by 13 different pesticides. Overall, 53 different pesticides were discovered on or in the strawberries we all love to eat. For more details, visit the [EWG](#).

Consuming pesticides is not recommended. Doing so has been linked to nervous system problems, disordered hormonal balance, irritation of the skin, lungs, and eyes, and even cancer.

So, how clean are strawberries? Usually not very, if you buy them at the store. Even though they are usually more expensive, reaching for the organically grown strawberries will likely be better for long-term health. That is just something to consider when picking strawberries off the shelf.

Strawberry Freshness Matters

Strawberries have a notoriously short shelf life. If you buy strawberries, you will need to use them quickly or they will become moldy and start to decompose. Some grocers may keep old strawberries that don't sell well on the shelf longer than they should. If there is any doubt as to the freshness of the berries, steer clear.

When Is a Strawberry Ripe?

Strawberries are ripe when the entire strawberry is evenly red. Ripe strawberries will have a higher sugar content and better overall taste profile than immature strawberries. Usually, you won't find any grossly unripe or green strawberries in a package purchased from a grocery store. The commercial growers have an evaluation system that does a pretty good job of culling the unfit strawberries before they get packaged.

But, do examine the tips of the strawberries. The strawberries should be red all the way to the very tip of each berry. If the very tip of a strawberry is white or greenish, it means the strawberry was picked slightly before it was ready and will likely be slightly (or not so slightly) tart. Remember that strawberries do not ripen once picked like tomatoes and some other fruits and vegetables do. So, if it is unripe when picked and packaged, it will be unripe when you eat it. Look for the containers that have the most evenly colored strawberries and the fewest (if any) white tips. They will taste better and have a higher nutritional value compared to the unripe ones.

Additionally, if you do see a green strawberry or obviously small, disfigured, or suspect strawberry, either get a different container or steer clear of the strawberries of that brand altogether. If a commercial operation fails to catch and cull such undesirable strawberries, their quality control mechanisms have malfunctioned. It is best to avoid produce from companies with malfunctioning quality control.

Are the Strawberries Whole?

Any decomposition likely means that the strawberries have exceeded their shelf life and have "expired." If you see mold in the container or on strawberries, don't buy it. Some people claim that mold can do horrendous things to you. Whether or not that is true, I doubt eating mold will work wonders for your health. If you see any visible signs of mold in a package, it is likely that mold spores have already spread throughout, so avoid that batch altogether.

Inspect the strawberries to ensure that they have their green caps and are generally whole. If the caps have been removed or torn off, or the berries are damaged, they are likely losing their nutritional benefits as you inspect them. When the cells of the strawberry are torn or damaged, an enzyme, ascorbic acid oxidase, is activated which then begins destroying the Vitamin C in the strawberry. Of course, this won't hurt you. But, if you have the option, why not select strawberries that have their full nutritional component intact?

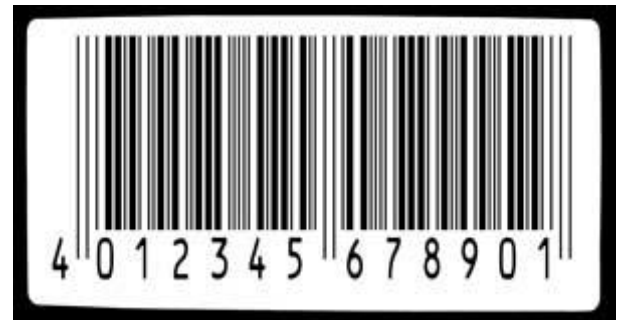
Strawberries are very nutritious in their natural state. In fact, some exciting new research indicates that one of the compounds in strawberries may even help prevent cancer. So, if you can't bring yourself to buy a few strawberry plants and grow your own strawberries, use this guide to get the most for your money. In summary:

1. Realize environmental factors affect taste and quality of strawberries
2. Buy organic, if you can afford it
3. Ensure the strawberries are fresh
4. Verify ripeness and consistent quality of the fruits
5. Look for damaged or moldy strawberries
6. Congratulate yourself for knowing how to buy strawberries in a grocery store and buy the winning carton!

Then, once you have taken the prize back home for consumption, ponder whether or not you can grow your own strawberries next year! The information on UPC codes below can help you glean additional information about your chosen strawberries, if you choose to jump into such an endeavor.

Strawberry UPC Codes

Most store-bought packages of strawberries do not provide a lot of detailed information on the strawberries themselves. They usually have a brand name, price tag, and logo. If you want to find out the origin of strawberries you are buying, you'll likely have difficulty.



However, there is a way to find out more about the details and location of the strawberry plants that produced the strawberries you buy in the store: decode the UPC code! Using the UPC code from the package and the table here provided, you can find out some valuable information regarding where the strawberry plants were planted, some information about specific varieties, and other information as well.

How to Use the Strawberry UPC Codes Table

To use the table, you first have to identify the numbers at the bottom of your strawberry package. Find the bar code or UPC code on the package (the vertical black lines that the scanners read). At the bottom of the bar code there should be numbers. The numbers are what you will need here.



To find out additional information about strawberries you purchase, match the number on the package with the number in the left-most column in the table below. The rest of the entries in the row will provide more details about the strawberries you bought.

Strawberry UPC Codes List

Item # (UPC Code)	Commodity	Type/Variety	Growing Region	Grade	Package Size/Type
033383-20000	STRAWBERRY	ALL VARIETIES	CALIFORNIA		1/2 PINT CONTAINER
033383-20001	STRAWBERRY	ALL VARIETIES	CALIFORNIA		PINT CONTAINER
033383-20002	STRAWBERRY	ALL VARIETIES	CALIFORNIA		QUART CONTAINER
033383-20003	STRAWBERRY	ALL VARIETIES	CALIFORNIA		1/2 FLAT CONTAINER
033383-20004	STRAWBERRY	ALL VARIETIES	CALIFORNIA		FLAT CONTAINER
033383-20005	STRAWBERRY	ALL VARIETIES	CALIFORNIA		8.8 OZ/250 G PUNNETT CONTAINER

Item # (UPC Code)	Commodity	Type/Variety	Growing Region	Grade	Package Size/Type
033383-20026	STRAWBERRY	ALL VARIETIES	CALIFORNIA		8 OZ CONTAINER
033383-20027	STRAWBERRY	ALL VARIETIES	CALIFORNIA		1 LB CONTAINER
033383-20028	STRAWBERRY	ALL VARIETIES	CALIFORNIA		10.3 OZ PUNNETT CONTAINER
033383-20029	STRAWBERRY	STEM	CALIFORNIA		FLAT CONTAINER
033383-20030	STRAWBERRY	ALL VARIETIES	CALIFORNIA		2 LB CONTAINER
033383-20031	STRAWBERRY	STEM	CALIFORNIA		1 LB CONTAINER
033383-20032	STRAWBERRY	STEM	CALIFORNIA		8 OZ CONTAINER
033383-20033	STRAWBERRY		OTHER AREAS		1 LB CONTAINER
033383-20034	STRAWBERRY	ORGANIC - ALL VARIETIES	CALIFORNIA		8.8 OZ CLAMSHELL
033383-20035	STRAWBERRY	STEM	CALIFORNIA		1/2 FLAT CONTAINER
033383-20036	STRAWBERRY	ALL VARIETIES	CALIFORNIA		4 1/2 LB CLAMSHELL
033383-20037	STRAWBERRY	ALL VARIETIES	CALIFORNIA		4 LB CONTAINER
033383-20038	STRAWBERRY	ORGANIC - ALL VARIETIES	CALIFORNIA		1 LB CONTAINER
033383-20039	STRAWBERRY	ORGANIC GREENHOUSE	FLORIDA	U.S. 033383-1	8 OZ CONTAINER
033383-20040	STRAWBERRY	ORGANIC GREENHOUSE	FLORIDA	U.S. 033383-1	1 LB CONTAINER
033383-20041	STRAWBERRY	SABROSA	CALIFORNIA		1 LB CLAMSHELL
033383-20042	STRAWBERRY	SABROSA	CALIFORNIA		2 LB CLAMSHELL
033383-20043	STRAWBERRY	SABROSA	CALIFORNIA		4 LB CLAMSHELL
033383-20044	STRAWBERRY	ORGANIC	CALIFORNIA		2 LB CLAMSHELL
033383-20045	STRAWBERRY	ORGANIC LONG STEM	CALIFORNIA		1 LB CLAMSHELL
033383-20046	STRAWBERRY	ORGANIC - ALL VARIETIES	CALIFORNIA		4 LB CONTAINER
033383-20047	STRAWBERRY		ALL AREAS		12 OZ CLAMSHELL
033383-20048	STRAWBERRY		ALL AREAS		18 X 4 OZ CLAMSHELL
033383-20049	STRAWBERRY		ALL AREAS		3 X 4 OZ CLAMSHELL
033383-20050	STRAWBERRY		ALL AREAS		4 OZ CLAMSHELL
033383-20100	STRAWBERRY	ALL VARIETIES	FLORIDA		1/2 PINT CONTAINER
033383-20101	STRAWBERRY	ALL VARIETIES	FLORIDA		PINT CONTAINER
033383-20102	STRAWBERRY	ALL VARIETIES	FLORIDA		QUART CONTAINER
033383-20103	STRAWBERRY	ALL VARIETIES	FLORIDA		1/2 FLAT CONTAINER
033383-20104	STRAWBERRY	ALL VARIETIES	FLORIDA		FLAT CONTAINER
033383-20105	STRAWBERRY	ALL VARIETIES	FLORIDA		8.8 OZ/250 G PUNNETT CONTAINER
033383-20126	STRAWBERRY	ALL VARIETIES	FLORIDA		8 OZ CONTAINER
033383-20127	STRAWBERRY	ALL VARIETIES	FLORIDA		1 LB CONTAINER
033383-20128	STRAWBERRY		FLORIDA		2 LB CLAMSHELL
033383-20129	STRAWBERRY	STEM	FLORIDA		1 LB CLAMSHELL
033383-20130	STRAWBERRY	STEM	FLORIDA		8 OZ CLAMSHELL
033383-20131	STRAWBERRY	ALL VARIETIES	FLORIDA		4 LB CONTAINER

Item # (UPC Code)	Commodity	Type/Variety	Growing Region	Grade	Package Size/Type
033383-20132	STRAWBERRY		OTHER AREAS		2 LB CLAMSHELL
033383-20200	STRAWBERRY	ALL VARIETIES	OTHER AREAS		1/2 PINT CONTAINER
033383-20201	STRAWBERRY	ALL VARIETIES	OTHER AREAS		PINT CONTAINER
033383-20202	STRAWBERRY	ALL VARIETIES	OTHER AREAS		QUART CONTAINER
033383-20203	STRAWBERRY	ALL VARIETIES	OTHER AREAS		1/2 FLAT CONTAINER
033383-20204	STRAWBERRY	ALL VARIETIES	OTHER AREAS		FLAT CONTAINER
033383-20205	STRAWBERRY	ALL VARIETIES	OTHER AREAS		8.8 OZ/250 G PUNNETT CONTAINER
033383-44565	STRAWBERRY		CANADA		2 LITRE CONTAINER
033383-44566	STRAWBERRY		CANADA		4 LITRE CONTAINER
033383-44567	STRAWBERRY		CANADA		8 LITRE CONTAINER
033383-46320	STRAWBERRY		CANADA		6 X 1 PINT FLAT
033383-46321	STRAWBERRY		CANADA		12 X 1 PINT FLAT
033383-46322	STRAWBERRY		CANADA		4 X 1 QUART FLAT
033383-46323	STRAWBERRY		CANADA		6 X 1 QUART FLAT
033383-46324	STRAWBERRY		CANADA		8 X 1 QUART FLAT
033383-46325	STRAWBERRY		CANADA		3 LITRE CONTAINER
033383-46532	STRAWBERRY		CANADA	CANADA 033383-1	1.5 LITRE CONTAINER
033383-46546	STRAWBERRY		CANADA	CANADA 033383-1	2 LB CONTAINER
033383-46550	STRAWBERRY	ORGANIC - ALL VARIETIES	ALL AREAS		FLAT CONTAINER

Strawberry Codes: Conclusion

It can be both entertaining and enlightening to know more about what you are eating. By using the strawberry bar codes table, you may find that your strawberries have traveled quite a way to be eaten by you! But, before even going to the store to buy your berries, do a little reviewing. This strawberry buying guide will help you pick the best strawberries every time!