



HOW TO FREEZE BERRIES

INSTRUCTIONS

Freeze berries now so you can use them in pancakes, muffins, smoothies, and other desserts all year round.

Choose berries that are ripe and firm. Wash them in cold water, but don't allow the berries to soak or they'll lose nutrients and flavor. Stem and slice the berries and place them on a wax paper lined tray in a single layer (do not pile on top of each other).

Place the tray of berries in the freezer and allow to freeze 8 hours or overnight.

Remove berries from wax paper and place in freezer boxes or bags. Label and date the bags or boxes and return the berries to the freezer.

When ready to use the berries, remove from freezer and allow thawing in the refrigerator for 6-8 hours.



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