

How to Freeze Strawberries

Instructions to freeze berries:

- Place the strawberries in a colander and rinse under cold running water.
- Remove excess moisture.
- Remove the hulls from each strawberry by pinching out the little green stem. It is important to remove the hulls after you have rinsed the strawberries otherwise you risk getting soggy berries.
- Place the strawberries on a baking sheet that's been lined with parchment paper.
- Place the baking sheet of strawberries in your freezer for about 2-3 hours.
- Transfer the individual partially frozen strawberries in resealable freezer bags.
- Use a straw or a sealer to remove as much as the air as possible as this will reduce the formation of ice crystals.
- Properly label your bags by indicating the date and place your bag in the freezer.

This method works well with whole berries or berry halves.

How to Freeze Blackberries

Instructions for freezing berries:

- Rinse the fresh blackberries under cool water using a colander. Be gentle to avoid damaging the fragile blackberries.
- Lay the blackberries out to dry on a clean kitchen towel. Allow to dry for at least 5-10 minutes.
- Transfer dry blackberries to a parchment-lined cookie sheet, taking care to spread berries out evenly over the surface.
- Place the baking sheet in the freezer taking care to keep it level. Allow to freeze for at least 3 hours, but no more than 12 hours.
- Gently remove the frozen berries from the tray and place them in a freezer-friendly container. Place back in the freezer to up to 1 year.

The frozen blackberries will be great for smoothies, pancakes, muffins, cobblers, and more.