



It's so easy to freeze!!!

1. Pick the berries! Get lots of ripe, sweet berries while they are in season.



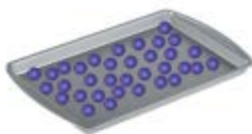
2. Rinse the berries and pat them dry.



3. Trim off the stems and any bad spots.

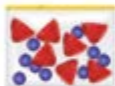


4. Lay the berries flat on a plastic wrap or towel lined baking sheet.



5. Freeze for a few hours, until firm.

6. Put the frozen berries into a freezer bag or container, label and store to use later.



You can add frozen berries to smoothies, yogurt, oatmeal, baked goods or as a sweet and beautiful ice alternative in water or seltzer.

