

Strawberries

The traditional summer fruit is jam-packed with sweetness and nutrients like vitamin C, fibre and manganese, which plays a role in bone density.

Known best in the UK served with cream, there is a multitude of formats to enjoy this fruit, all the while preserving its feel-good and popular flavor.

Store:

- Do not wash before storing as not to make strawberries mushy
 - Arrange on kitchen paper so that they don't crush each other
 - For longer shelf-life, use a container and dry them with a paper towel
 - Place in the fridge and consume within a couple of days from buying or picking
 - If picked from the vine, strawberries have a slightly shorter life
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Freeze:

- Freezing preserves the fruit long after summer, without reducing its quality for up to 6 months
 - It is advised to flash freeze strawberries in order to reduce thawing due to its high water content
 - Make sure to freeze them in the desired form in which you will decide to eat them as whole berries are difficult to slice from frozen
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Give them a second life

If they are about to expire, need not to worry. Although mushy, they are now at their sweetest. This makes it the perfect time for them to be repurposed into jam or any other delicious treat.

If you are looking for another way to repurpose them, they can even be made into a face mask or simply as compost, where its nutrients can feed the soil.

