



OAT-FASHIONED STRAWBERRY DESSERT

submitted by Taste of Home

- 4 cups sliced fresh strawberries
- 1 1/4 cups whole wheat flour
- 1 1/4 cups quick-cooking oats
- 2/3 cup packed brown sugar
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 2/3 cup cold butter
- 2 tablespoons sugar
- 1/4 to 1/2 teaspoon ground cinnamon

Drain strawberries on paper towels; set aside. In large bowl, combine flour, oats, brown sugar, baking soda and salt. Cut in butter until mixture resembles coarse crumbs. Reserve 1 1/2 cups for topping. Pat remaining crumb mixture into a greased 9 in. square baking pan.

In a bowl, combine sugar and cinnamon; stir in strawberries. Spoon over the prepared crust. Sprinkle with the reserved crumb mixture. Bake at 350 degrees for 35-40 minutes or until golden brown. Serve warm. YIELD 9 servings

We serve with whip cream or ice cream on top.

STRAWBERRY CREAM CHEESE COBLER

- 1 stick (1/2 cup) butter
- 1 egg, lightly beaten
- 1 cup milk
- 1 cup all-purpose flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 quarts whole strawberries, capped and washed
- 4 ounces cream cheese, cut in small pieces

Preheat oven to 350 degrees. Melt butter and pour into a 9 by 13 inch glass baking dish. In a small bowl, mix together the egg, milk, flour, sugar, baking powder, and salt. Pour directly over the butter in the baking dish, but do not stir.

Add the strawberries, arranging in a single layer as much as possible. Sprinkle cream cheese pieces over strawberries. Place in preheated oven and bake for 45 minutes, or until top is golden brown and edges are bubbling. (Crust rises up and around the fruit, but fruit will still peek out of top.)

HEALTHY ICE CREAM SANDWICH

- 18 graham cracker squares, divided
- 8 oz. Cool Whip
- 3 cups strawberries

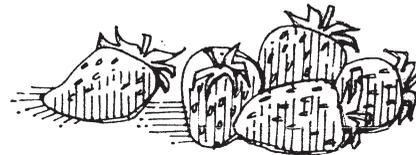
Blend cool whip and strawberries. Apply a thick coat to graham crackers and make sandwich. Freeze and enjoy.

STRAWBERRY COOLER

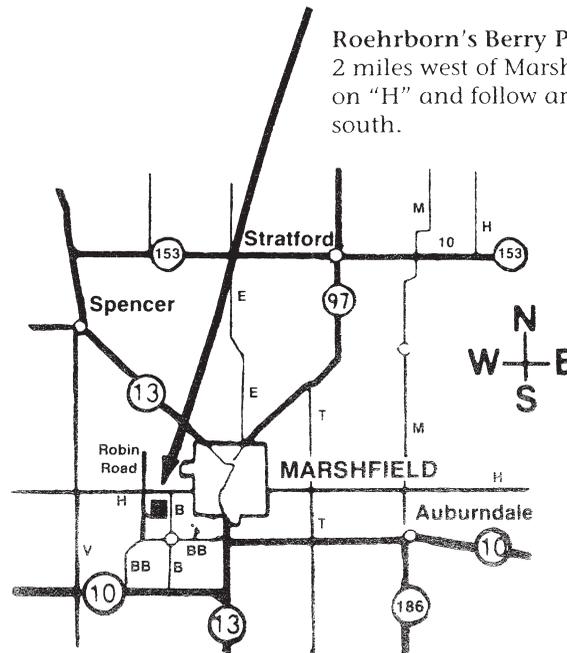
submitted by Martina Boudreau

- 1 cup sliced strawberries
- 1 cup yogurt
- 1 cup skim milk
- 2 tablespoons honey

Whip all ingredients in blender until smooth. Makes 3 cups.



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Welcome

MAKING THE MOST OF

FRESH STRAWBERRIES

PICKING, HANDLING AND FREEZING TIPS

The strawberry is one of nature's most tender fruits and is extremely perishable. Water, heat and time are its enemies. When picking, handling and freezing strawberries, proper care will pay off in flavor, appearance and nutritional value.

It is best to pick strawberries in the early morning or late evening when the fruit is cool. Look for bright, red, well-shaped fruit without green tips. Strawberries do not ripen appreciably after being picked. Keep in mind that smaller berries can be more flavorful than large ones, so don't overlook them. When you pick them, twist and snap off the stem without pulling so that berries are not bruised and hulls remain. Place gently in container and don't pile too high. Keep cool and out of the sun and heat; process as soon as possible for best results.

Strawberries are best when fresh and should be used within 2-3 days. To retain for later use, cover and store unwashed in refrigerator.

With stems on, rinse or wash gently in cold water just before using. Remove from water immediately; drain in colander and hull. You can save berries longer by adding sugar, lemon, orange or pineapple juice.

When you have more strawberries than you can eat or when they are in season where you live, freezing is recommended for long-term storage. Flavor and texture of frozen berries are affected by the sweetening agent and by the storage time.

Flavor quality can decrease with a reduction in sweetener and the texture of unsweetened berries remains low after storage. Strawberries can be kept frozen safely for one year. Serve after thawing while fruit still has ice crystals for fresh-like flavor. Whole berries retain better shape with slow defrosting in the refrigerator. Strawberries can be frozen whole, sliced or mashed with or without sugar, depending upon desired use later. Be sure to label containers accordingly.

STRAWBERRY SOUR CREAM BREAD

submitted by Debbie Lineberger

- 2 1/3 cups (575 ml) Bisquick or Jiffy Baking Mix
- 3/4 cup (200 ml) sugar
- 1/3 cup (75 ml) sour cream
- 1/4 cup (50 ml) vegetable oil
- 1 teaspoon (5 ml) cinnamon
- 3 eggs
- 2 teaspoons (10 ml) vanilla extract
- 1 cup (250 ml) washed, hulled and chopped fresh strawberries or chopped frozen unsweetened strawberries, partially thawed
- 1/2 cup (125 ml) nuts, chopped

Preheat oven to 350 degrees F (180 C). Spray a 9x5x3 inch (22.5x12.5x7.5 cm) loaf pan with nonstick cooking spray and dust lightly with flour.

Combine baking mix, sugar, sour cream, oil, cinnamon, eggs and vanilla; beat 50 strokes by hand. Fold in strawberries and nuts.

Pour into prepared pan and bake 45-60 minutes until toothpick inserted in center comes out clean. Cool loaf 5-10 minutes on wire rack before removing from pan.

When cool wrap in plastic wrap or aluminum foil and store in refrigerator.

STRAWBERRY SALSA FOR MEAT, POULTRY, FISH OR CHIPS

submitted by Bela Casson

- 2 cups (500 ml) washed, hulled and diced fresh strawberries
- 1/2 cup (125 ml) diced green pepper
- 2 green onions, diced
- 1 teaspoon (5 ml) salt
- 1 teaspoon (5 ml) dried basil
- 1 tablespoon (15 ml) lemon juice
- 1 tablespoon (15 ml) vegetable oil
- 2 tablespoons (25 ml) honey
- Dash of cayenne pepper

In a medium bowl combine strawberries, green pepper, onions, salt, basil, lemon juice, oil, honey and cayenne pepper; mix well. Cover and refrigerate 2 hours to blend flavors.

Serve salsa on the side as an accompaniment to meat, poultry or fish.

Variation: Substitute cilantro for basil.

KID'S FROZEN PUDDING TREATS

submitted by Marilyn Gjevre

- 1 package (3.4 ounces) (96 g) instant vanilla pudding
- 1 cup (250 ml) milk
- 1 container (8 ounces) (226 g) whipped topping, thawed (LaCreme with real creme recommended)
- 1 pint (500 ml) fresh strawberries, washed, hulled and mashed
- 1 cup (250 ml) mashed bananas
- 15 paper drinking cups (5 ounce each) (150 g each)
- 15 wooden popsicle sticks

With hand beater or electric mixer, prepare vanilla pudding according to directions using 1 cup (250 ml) milk. Fold in whipped topping, mashed strawberries and banana. Spoon into paper drinking cups and insert wooden sticks. Freeze 4 hours or until firm. To serve, remove from freezer and peel off paper cups.

Note: Popsicle molds or ice cube trays can be substituted for paper cups.

Variation: Substitute chocolate or desired flavor of instant pudding for vanilla pudding; use 1 package (16 ounces) (453 g) frozen unsweetened whole strawberries, partially thawed and mashed for fresh strawberries.

NO BAKE STRAWBERRY CHEESECAKE

- 1 Keebler graham cracker crust
- 1 8 ounce tub Cool Whip
- 1 8 ounce Philadelphia cream cheese
- 1/2 cup sugar

For Topping

- 1 pint fresh strawberries
- 1 can premade strawberry topping (Comstock brand)

Mix softened cream cheese and sugar in medium bowl until fluffy. Fold in cool whip. Pour into crust and garnish with fresh strawberries or strawberry topping. Refrigerate for 1 hour until firm.