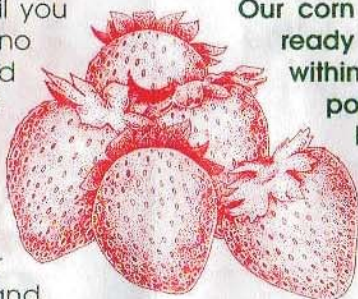


Fresh Fruit! Handle with Care!

Refrigerate your berries in shallow containers as soon as possible. Avoid keeping them in a warm stationary vehicle in the sun.

For **Strawberries** leave the hull on until you use them. Your strawberries require no washing, but if you prefer, wash in cold water with the hulls on. Hull just before serving.

For **Raspberries** avoid washing as they rarely have any soil on them because they are up off the ground. Also, water enters the hole in the raspberry and causes a lowering of fruit quality and dilutes the taste. Use as soon as possible as raspberries are very delicate!



Our corn is fresh daily. Leave husks on until ready to cook. Corn is best when used within a day of purchase. Place cobs into a pot of boiling water, cover with lid, bring back to a boil and boil for 2-3 minutes. The water and steam work together to cook your corn. Remove from heat and serve ASAP.

Growing the Best Berries for over 30 Years



Here are some of our favourite **Berry Recipes...**

No-Bake Cheesecake

2 Cups Graham Crumbs
1/3 cup non-hydrogenated margarine, melted
4 pkg. (250g each) brick cream cheese, softened
1 cup plus 2 Tbsp. sugar, divided
1/2 cup Strawberry jam
16 fresh strawberries, chopped
3 cups thawed cool whip whipped topping
Mix: graham crumbs and margarine; press onto bottom of 13x9-inch pan. Refrigerate while preparing filling. Beat: cream cheese spread and 1 cup of the sugar in large bowl with electric mixer until well blended. Add jam; mix well. Place strawberries and remaining 2 Tbsp. sugar in small bowl; mash with fork. Stir strawberry mixture and whipped topping into cream cheese mixture. Spoon over crust; cover. Refrigerate 4 hours or until firm. Store in refrigerator. Makes 20 servings, 1 piece each.

Strawberry-Rhubarb Pie

1 1/2 cups sugar
3 Tbsp quick tapioca
1/4 tsp salt
1/4 tsp vanilla
3 cups rhubarb - chopped
1 cup sliced fresh strawberries
Pastry for 9 inch - 2 crust pie
1 Tbsp butter or margarine

In large bowl, combine sugar, tapioca, salt. Add chopped rhubarb and berries; mix well to coat fruit. Let stand about 20 minutes. Spoon fruit mixture into pastry-lined pie plate. Dot with butter. Moisten pastry edge, adjust top crust. Bake at 400° for 35-40 minutes. Serve with vanilla ice cream.

Strawberry Punch

1 cup sugar
1 cup water
2 cups pineapple juice
2 cups orange juice
1 cup lemon juice
1 quart fresh sliced strawberries
1 large bottle gingerale
1 cup crushed ice

Boil sugar and water for 10 minutes to make syrup. Cool. Add remaining ingredients except ice. Pour into punch bowl. Add ice, serve.

Freezing Berries for Delicious Winter Treats

Slice **Strawberries** once or twice into a large bowl. Sprinkle 1/2 cup white sugar over 7 cups sliced fruit; mix gently to allow the sugar to be absorbed and place in sealed bags after about 10 minutes. **This small amount of sugar preserves firmness, colour and taste!**

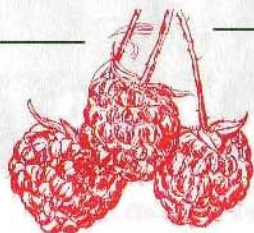
Strawberries can also be frozen whole on cookie sheets & then bagged to use for specialty desserts and entertaining.

Raspberries freeze extremely well whole. **Do Not Wet!** Pour fruit gently into bags and freeze. Do not stack in freezer until the fruit is frozen.

Strawberries:

- High in Vitamin C.
- Very low in sodium and sugar.
- Contain bioflavonoids which reduce your chances of contracting cancer.
- The red pigment brightens your teeth.

Too busy to pick? Visit our convenient stands



Almonte: Hiway 44 - Francis Fuels

Renfrew: O'Brien Rd. - Home Hardware

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Smiths Falls: Lombardy St. - Subway/Pizza Hut

Carleton Place: Logan Crossing by Brigil Homes Sales Office, Corner McNeely & Coleman

Pakenham: 5 Span Feed & Seed

Call 613-256-3029 for stand information