

# BERRIES & STONE FRUITS



## WASTE-REDUCTION SOLUTIONS

- To add shelf life to fresh berries, swish in 3 cups water and 1 cup vinegar for 1 minute. Rinse in cold water until the vinegar smell is gone. Dry gently with towel. Wash out ventilated container with soap and water, dry well. Place paper towel in the bottom and gently replace berries. Be sure remaining vents are clear. Store in refrigerator.
- To freeze berries, rinse as above, cut off any mushy parts, place in single layer on baking sheet. Freeze for a few hours. Place in plastic zip-top bag removing most of the air and return to freezer.
- Use berries for jelly, jam, sauce, syrup, in baked goods and smoothies.
- Store ripe peaches in the refrigerator wrapped in towel.
- To freeze peaches, peel and slice. Lay in a single layer on baking sheet. Freeze for 4 hours. Place in plastic zip-top bag removing most of the air and freeze.
- Use in baked goods, sauce, over ice cream, or in smoothies.