



NINO'S MARKET FRESH PRODUCE RECIPE

Strawberry Mixture for Shortcakes



Yield 4 Servings

Strawberries have been around since early Roman times in Italy in 200's BC. Wild strawberries were around in the United States when the first colonists arrived. The Native Indians made a bread from strawberries mixed with corn meal. Strawberries were so abundant that one wrote "You can't put your foot down without stepping on one". Strawberries became so liked by the mid 1800's that people spoke of strawberry fever. Strawberry plants were not always big berries. Certain strawberry plants have been cross bred to create the large berries that we see today. The origin of the name strawberry is a bit uncertain. Here are some of the popular beliefs. The name may have been derived from the Anglo-Saxon verb to strew (spread) because strawberries spread out when they grow, and the fruit came to be known first as streabergen. Children used to thread the strawberries as they gathered them on a dried straw of wheat. They would even sell these on the roadside. It is thought that perhaps their name may have come from this practice. Lastly, if you saw a farmer's strawberry patch you'd likely see straw mulched around all the berry plants. This is another possible way they could have got their name.

1 Measured Quart
1/3 Cup
3 Tablespoons
3 Tablespoons

Strawberries, Fresh, Cut
Granulated Sugar
Corn Syrup, Clear
Strawberry Syrup

Method:

Rinse whole strawberries in cold water then drain well. Begin by cutting the top off the leaf end of the strawberry then cutting strawberries in halves, or quarters depending on their size. Place cut strawberries in a medium size bowl and add remaining ingredients. Allow strawberry mixture to marinate in its juices approximately 1 hour before service. Serve mixture over biscuits, cake, crepes, pancakes, ice cream, waffles or just enjoy them on their own.

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