STRAWBERRY CORN SALSA

Yield: 5-1/2 cups

INGREDIENTS

- 2 cups fresh strawberries, chopped
- 2 cups grape tomatoes, chopped
- 3 ears fresh corn – cooked
- 1/4 onion, chopped
- 1 cucumber – peeled and chopped
- 1/3 cup oil
- 2 tablespoons vinegar
- 2 tablespoons lime juice (optional)
- 1/2 tsp salt
- 1/4 cup chopped greens (kale, mint, spinach, etc) (optional)
- 1 small jalapeño pepper – seeded and chopped (optional if you like some spice)

Preparation

- Cut corn from cob
- Cook kernels for one minute in boiling water - drain
- In a large bowl, combine the first five ingredients.
- In a small bowl, whisk the oil, vinegar, lime juice and salt.
- Drizzle over strawberry mixture; toss to coat.
- Refrigerate for 1 hour.
- Serve with chips or eat as a side dish

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3 Ways to Store Fresh Strawberries to Last Longer

Vinegar Bath, fresh for up to 2 weeks

One of the great things about vinegar is that it destroys harmful bacteria so bathing your strawberries in it will keep them fresh longer. And don't worry about your berries tasting like vinegar. You'll be washing it off. Bathing your strawberries in vinegar only takes five easy steps, and can help the berries last much longer. The good news is that this method works for any type of berry.

Step 1: Fill a measuring cup with 1/4 cup vinegar and 1 1/2 cup of water. You may need more vinegar/water depending on how many strawberries you are planning to soak.
Step 2: Place the water/vinegar solution into a bowl or glass container. Let the berries soak for about five minutes.
Step 3: Place berries in a colander and rinse with water
Step 4: Place the strawberries on a paper towel and let them dry.
Step 5: Line the container you plan to use for storage with a paper towel and place the strawberries inside. Make sure they are all dry.
Step 6: Cover the lid and label it with the date. Your strawberries should last up to two weeks.

Cut Stems + Airtight Container, fresh for up to 1 week

Cutting the stems off a strawberry and placing them in a container is the most common way to store strawberries. For this method, you don't need to wash the berries until you're ready to use them. The only thing you'll need is a paper towel and an airtight container. This method will keep your berries fresh for about a week.

Step 1: Cut the stems off the strawberries. For this method, you don't need to wash them first.
Step 2: Line an airtight container with a paper towel and place the strawberries inside. Make sure they're spread out.
Step 3: Cover the container and label.

Whole Strawberries + Freezer Bag, lasts up to 2 months

Here's a simple way to freeze your strawberries for smoothies.

Step 1: Cut the strawberry stems from the strawberries.
Step 2: Place the strawberries in freezer bag.