

# How to choose, wash and preserve fresh strawberries

## - How to choose fresh strawberries

Below are ways to select, wash and preserve strawberries to keep them fresh. We invite you to consult!

Strawberries are not only a delicious fruit, but they also contain many health-beneficial nutrients such as magnesium, potassium and antioxidants. However, choosing delicious strawberries is not easy. Below are 5 ways to choose and preserve fresh strawberries to help you answer this question immediately. We invite you to consult!

### 5 ways to choose fresh strawberries

#### 1. Scent



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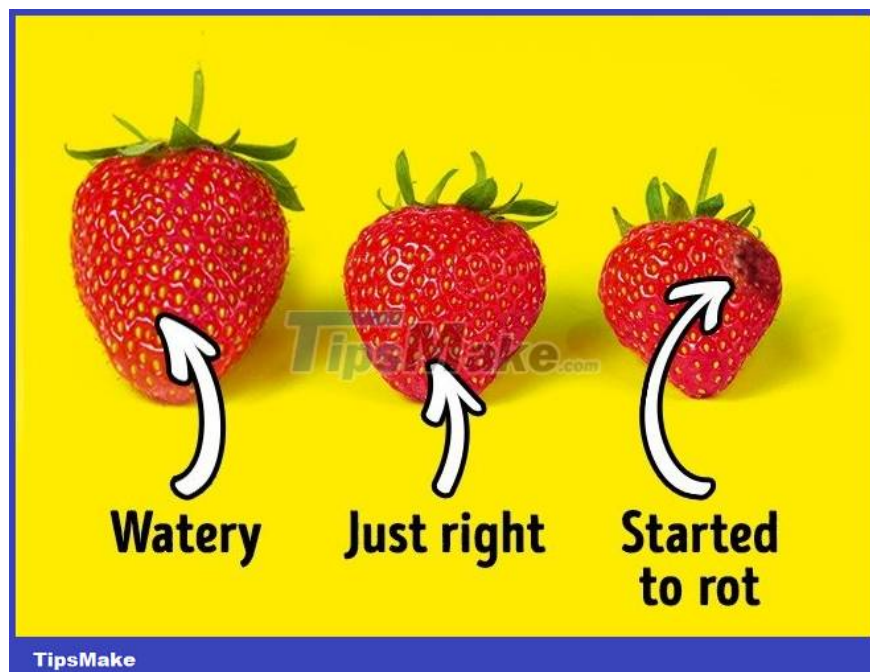
The first and most important thing when choosing a strawberry is its scent, so put it up to your nose and smell it. A delicious strawberry is a fruit with a unique aroma. You should not choose strawberries with a faint fragrance because they may have been grown with chemicals.

## 2. Color



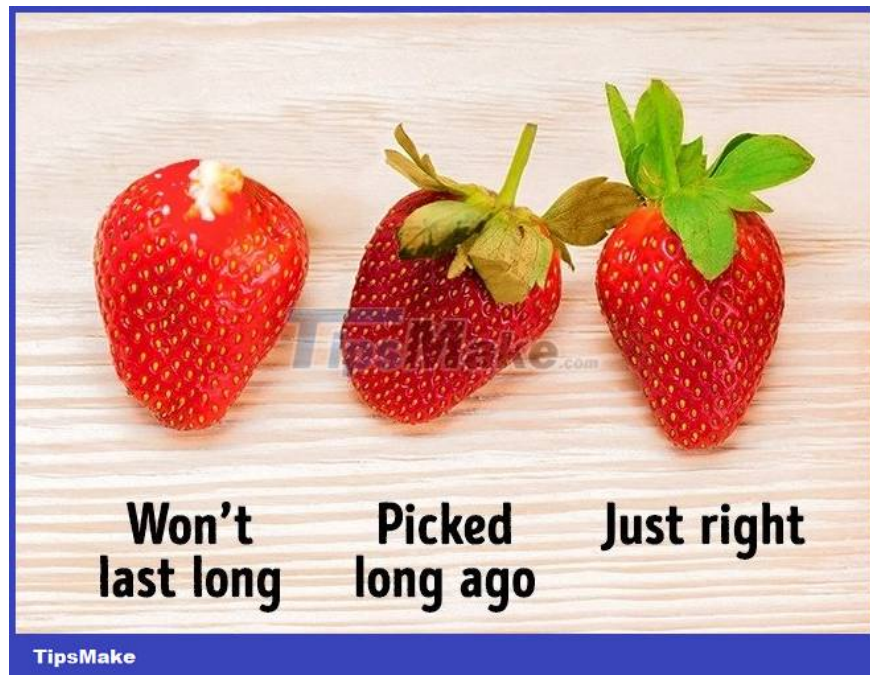
Quality strawberries are usually bright red and shiny. Strawberries that are dark red in color should be looked at carefully because it is likely that the seller has added artificial color to them. In addition, you should not buy fruits with green spots because strawberries will not continue to ripen when picked.

## 3. Shape and size



The shape and size of strawberries depends on their variety, so there is no general advice on this. Just don't get excited by plump strawberries that are too large because they are likely filled with water. Pay attention to any strange signs on the berries. If black spots appear, it means they are starting to rot.

#### 4. The leaves at the stem



The leaves at the stem of a strawberry can also tell you a lot about its quality. First, you should choose fruits that still have their stems and green sepals intact. Second, if you see dry or yellow leaves, it means these berries have been on the shelf for several days, of course you should not buy such berries. Last tip for you: if there is a gap between the leaves at the stem and the strawberry, it will probably be sweeter.

#### 5. Seeds



The farther apart the seeds are, the deeper they are planted and the sweeter the fruit. Although this particular trick has no scientific evidence, why not try it? Who knows, maybe there are tips for choosing delicious strawberries.

## How to clean strawberries

You can take advantage of ingredients available in the kitchen to safely wash strawberries as follows:



Soak strawberries in rice water for a while to help loosen dirt and neutralize the toxins of pesticide residue (if any).

Gently wash the strawberries in clean water mixed with a little vinegar to kill bacteria, then rinse gently with clean water to ensure the sour smell of vinegar is gone.

Note: Do not soak for too long or wash too vigorously to avoid bruising.

Place the washed strawberries in a thin basket to drain naturally, or you can use a clean cloth or kitchen paper to dry them thoroughly before storing.

## How to preserve fresh strawberries

Place a layer of dry paper towels or clean soft cloth on the bottom of a specialized food storage box. Then, arrange a layer of strawberries, then layer a layer of paper towels on top. Just put 1 layer of paper towels and 1 layer of strawberries until the end, on top put a layer of paper towels. Close the lid and store in the refrigerator.

A paper towel or clean soft cloth not only absorbs moisture, but also prevents the strawberries from absorbing water and getting waterlogged. It also prevents the fruits from rubbing against each other and getting crushed, helping to preserve strawberries in the refrigerator for a whole month and still stay fresh and delicious.



Note that to preserve strawberries longer, change the paper towel if it becomes wet.

Strawberries are a fruit that contains a lot of vitamins and minerals that are anti-aging and reduce stress. Therefore, do not ignore this extremely healthy fruit because of the difficulty in choosing!

Hopefully the above article has helped you know how to choose, wash and preserve fresh strawberries.

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