

Strawberry Drink Recipe

Recipe courtesy of the Narragansett Food Sovereignty Initiative

Strawberries are among the first edible berries to ripen in Connecticut, so their arrival signals the end of the season of scarcity and the beginning of the season of abundance. This simple drink is a great way to use strawberries that may be a bit bruised, as they are blended and macerated into a light, refreshing fruit drink. It tastes best after a few hours in the refrigerator and should be served chilled. This mixture can also be frozen into popsicles.

Ingredients:

1 pint of strawberries
1 quart of water
1-2 T of sugar or maple syrup

Directions:

1. Remove leaves from the strawberries and cut the fruit into quarters.
2. Sprinkle the sugar (or pour the syrup) over the berries.
2. Using a fork or wooden spoon, mash the berries into a thick paste.
3. Pour cold water over the berries and refrigerate for several hours before serving.

