



## Betty Kaiser's Cook's Corner



# Strawberry Season in full swing

## Bread, smoothies, jams and tarts

Strawberry season crept up on me thanks to our soggy June weather. My first clue was when I saw that Laura at Eden Valley Farm was looking for pickers. Yikes! That means it's time to take inventory of leftover freezer jam, buy some berries, mix up some smoothies and do a little baking. Nothing can beat fresh Oregon strawberries. Fresh, huge, perfectly formed out-of-state strawberries are available all year long at local super markets but there's just no taste comparison to Oregon grown berries. They aren't big or perfectly formed and don't last very long but they are red, sweet, juicy and taste like...strawberries!

It's our wonderful Oregon weather that makes the difference. We have the best growing conditions for sweet, juicy berries. That means lots of rain, cool nights and (hopefully) warm, sunny days. It allows the berries to stay on the vines longer and the sugar to develop before the berries are harvested. It also means that their shelf life is short so we need to get them while we can. We have already had our first strawberry shortcake of the season, a couple of smoothies and now I'm looking forward to stocking up on freezer jam. In between preparing batches of jam, I'm going to treat family and friends to some simple Strawberry Cheese Tarts for a quick dessert and some Strawberry Nut Bread at coffee break time. Enjoy!

### Strawberry nut bread

10 ounces frozen sliced strawberries  
2 eggs  
½ cup vegetable oil  
1 cup sugar  
1 cup white all-purpose flour  
1 cup whole wheat pastry flour  
1 tsp. cinnamon  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp. ground nutmeg  
½ tsp. Salt  
¾ cup chopped, toasted hazelnuts

Thaw strawberries. Beat eggs until fluffy. Add oil, sugar and berries, beating until light.

Mix flour, cinnamon, baking powder, baking soda, nutmeg and salt. Blend flour mixture into strawberry mixture until flour is moistened. Do not over mix. Stir in nuts. Pour into greased 9 1/2 by 5 inch loaf pan.

Bake at 350 degrees for 50-60 min. or until tester comes out clean. Cool 5 minutes. Remove from pan. Finish cooling on rack. Serves 10

### Strawberry Kale Smoothie

2 cups strawberries  
2 bananas  
1-2 cups chopped kale  
½-1 cup apple juice  
Ice  
Blend ingredients in processor until smooth. Serves 2-4.

### Strawberry freezer jam

2 cups crushed strawberries or blackberries (about 1 quart berries)  
4 cups sugar  
1 package powdered pectin  
1 cup water

To prepare fruit. Sort and wash fully ripe berries. Drain. Remove caps and stems; crush berries.

To make jam. Place prepared berries in a large mixing bowl. Add sugar, mix well, and let stand for 20 minutes, stirring occasionally. Dissolve pectin in water and boil for 1 minute. Add pectin solution to berry-and-sugar mixture; stir for 2 minutes. Pour jam into freezer containers or canning jars, leaving 1/2 inch space at the top. Cover containers and let stand at room temperature for 24 hours or until jam has set.

Store jams in refrigerator or freezer. They can be held up to 3 weeks in a refrigerator or up to a year in a freezer. Note: If jam is too firm, stir to soften. If it tends to separate, stir to blend. If it is too soft, bring it to a boil. It will thicken on cooling. Makes 5 or 6 half-pint jars.

### Strawberry cheese tarts

2 cups crushed strawberries or blackberries (about 1 quart berries)  
4 cups sugar  
1 package powdered pectin  
1 cup water

To prepare fruit. Sort and wash fully ripe berries. Drain. Remove caps and stems; crush berries. To make jam. Place prepared berries in a large mixing bowl. Add sugar, mix well, and let stand for 20 minutes, stirring occasionally. Dissolve pectin in water and boil for 1 minute. Add pectin solution to berry-and-sugar mixture; stir for 2 minutes. Pour jam into freezer containers or canning jars, leaving 1/2 inch space at the top. Cover containers and let stand at room temperature for 24 hours or until jam has set.

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## Meet the DJ/Program Host



ROB WARD

Rob loves the music he is playing! Rob invites you to tune in on Wednesdays, call-in your requests and enjoy some great Rock 'n Roll, Soul and Rhythm & Blues tunes. Rob was born in San Francisco in 1954 and grew up listening to KYA 1260 and KEWB 910, then later to KFRC 610. Rob formed his first garage band in 1966 as a 12-year-old, and continued with the same bandmates until early 1969. If it was played on top 40 radio, Rob heard it. His love for 50s and 60s music continues today and he loves keeping the music of the 50s and 60s alive, especially songs that should have been heard, but weren't. When he's not spinning records at KNND, Rob is the co-owner of Grill & Chill, "the little blue box that rocks on the corner of 9th and Whiteaker". He invites you to stop by and say hi.



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