



## Heeman's Beverage Recipes

### Strawberry Fruit Punch

*(Strawberry Eats and Treats)*

Use fresh or frozen strawberries

*This colorful and refreshing punch is perfect for those special occasions such as parties or weddings. Try substituting cranberry for a festive touch at Christmas.*

**Yield:** 20 servings

1 pint	fresh strawberries, washed and hulled	500 mL
1 can (46 oz)	pineapple juice	1360 g
1 can (12 oz)	frozen pink lemonade concentrate	355 g
1 can (12 oz)	frozen orange juice concentrate	355 g
2 cans (12 oz)	water	355 g
2 quarts	ginger ale, chilled	2 L

1. Puree strawberries in a blender or food processor until liquid.
  2. In a large container or punch bowl, add strawberries, pineapple juice, lemonade concentrate, orange juice concentrate and water. Mix well. Add ginger ale and ice cubes or ice ring just before serving.
- Variation: Substituting cranberry juice for pineapple juice adds a tangy flavor. Use 2 cups (500 ml) frozen unsweetened strawberries or 2 packages (10 ounces each) (283 g each) frozen sweetened strawberries, partially thawed and pureed.

### Strawberry Lemonade Concentrate

Use fresh strawberries

*This unusual concentrate recipe was discovered in Country Woman magazine It's a refreshing beverage to be enjoyed during and long after the strawberry season is over—a great way to preserve an abundance of strawberries.*

**Yield:** 6 quarts (6 L)

4 quarts	fresh strawberries, washed and hulled	4 L
4 cups	fresh lemon juice (about 16 lemons)	1 L
3 quarts	water	3 L
6 cups	sugar	1.5L

1. Puree strawberries in a blender or food processor.
  2. Place strawberries in a large kettle; add lemon juice, water and sugar. Heat to 165 degrees F (70 C) over medium heat, stirring occasionally. (Do not boil.) Remove from heat; skim off foam.
  3. Pour into hot sterilized jars leaving  $\frac{1}{4}$  inch (1 cm) headspace. Adjust caps and lids. Using the water-bath method, place jars in canner or large saucepan. Add enough water to cover tops of jars by 1-2 inches (2.5-5.0 cm). Cover canner and bring to a boil; boil 15 minutes. Remove jars from canner. Let stand to seal and cool.
- To serve, mix about one-third (75 ml) to two-thirds cup (175 ml) with soda or ginger ale and pour over ice cubes. Refrigerate after opening. Use within 1 year.

**Heeman Greenhouses & Strawberry Farm**

Hotline: 519-461-0555

Website: [www.heeman.ca](http://www.heeman.ca)



## Heeman's Beverage Recipes

### Berry Soda

*(Ontario Berry Growers Association)*

1. For each serving use 75 mL ( $\frac{1}{3}$  cup) crushed Ontario berries, 50 mL ( $\frac{1}{4}$  cup) milk.
2. Add 1 large scoop of Vanilla ice cream, and additional crushed berries, if desired; top with carbonated water

### Berry Limeade

*(Ontario Berry Growers Association)*

1 $\frac{1}{4}$ cup	pureed fresh or frozen Heeman strawberries or raspberries	300 mL
$\frac{3}{4}$ cup	sugar	200 mL
1 $\frac{1}{4}$ cup	water (2 servings)	300 mL
1 $\frac{1}{4}$ cup	fresh lime juice	300 mL

1. Combine 200 mL ( $\frac{3}{4}$  cup) sugar with 300 mL (1  $\frac{1}{4}$  cups) water; boil 3 – 5 min; cool.
2. Add 200 mL ( $\frac{3}{4}$  cup) water, 300 mL (1  $\frac{1}{4}$  cups) fresh lime juice and 300 mL (1  $\frac{1}{4}$  cups) pureed fresh or frozen Heeman berries.
3. Serve chilled with extra fruit or mint leaves.

### Ontario Berry Milkshake

*(Ontario Berry Growers Association)*

$\frac{3}{4}$ cup	fresh Heeman strawberries or raspberries	200 mL
2 tbsp	honey or maple syrup	25 mL
2 cups	cold milk	500 mL
1 cup	ice cream	250 mL

1. Puree berries in blender
2. Add remaining ingredients
3. Blend until smooth.
4. Serve.

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## Heeman's Beverage Recipes

### Strawberry Daiquiri

*(Strawberry Eats & Treats)*

Use fresh or frozen strawberries

*The daiquiri is a classic strawberry cocktail.*

**\*1 serving:**

4 – 6	whole unsweetened strawberries, washed & hulled (fresh or frozen)	4 – 6
1 jigger	(1 ½ ounces) light rum	45 g
1 tbsp	fresh lime juice	15 ml
1 tsp	sugar	5 ml
4 – 5	ice cubes	4 – 5

**Yield:** 1 or 6 daiquiris

**\*6 servings:**

1 ½ cups fresh whole strawberries, washed and hulled or frozen unsweetened whole strawberries 375 ml  
¾ cup light rum 200 ml  
Juice of 1 lime  
2 tbsp sugar 25 ml  
1 ½ trays ice cubes 1 ½

1. Combine strawberries, rum, lime juice and sugar in blender. Process until strawberries are pureed. Add ice cubes and blend until mixture is slushy.
2. Serve in champagne glasses. Garnish using a fresh whole strawberry with hull.

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# Heeman's Beverage Recipes

## Strawberry Margarita

*(Strawberry Eats and Treats)*

Use fresh or frozen strawberries

*This is definitely a party drink and is great with Mexican food.*

### \*1 serving:

4 - 6	whole unsweetened strawberries, washed & hulled (fresh or frozen)	4 - 6
1 ½	ounces tequila	45 g
½ oz	triple sec	15 g
1 oz	lemon or lime juice	30 g
4 - 5	ice cubes	4 - 5
	Salt to prepare glasses	
	Rind of lemon or lime to prepare glasses	

**Yield:** 1 or 6 margaritas

### \*6 servings:

1 -1 ½ cups	whole unsweetened strawberries, washed & hulled (fresh or frozen)	250-375 mL
9 oz	tequila	270g
3 oz	triple sec	85g
Juice of 1	lemon or lime, reserve rind	1
1 ½	trays ice cubes	1 ½
	Salt to prepare glasses	

1. Combine strawberries, tequila, triple sec and lemon juice in blender. Process until strawberries are pureed. Add ice cubes and blend until mixture is shaved, but not slushy.
2. Rub rim of champagne glass with rind of lemon or lime. Dip rim in salt. Pour in blended mixture. Garnish using a fresh whole strawberry with hull.

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