

## Fresh Berry Sauce

*makes 2 ½ cups*

2 cups fresh berries or other fruit  
2 tablespoons cornstarch  
½ cup sugar  
½ cup water

Whisk together in a saucepan the cornstarch, sugar and water. Stir occasionally while bringing to a boil over medium-high heat. Add 1 cup of fresh berries. Bring to a boil again, then remove immediately from heat and stir in the remaining cup of fruit.

Spoon this sauce over waffles, ice cream or cake.



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## BERRY CARE

Berries are very perishable, and should be refrigerated. When you bring them home, remove them from the container they came in, toss any problem berries, and put the rest in a shallower container which you have lined with a paper towel. Cover loosely and refrigerate. Immediately before using, wash the berries by floating them in a bowl or sink full of water, then gently remove them to a colander to drain.

To freeze berries, you can pre-measure them for the recipes you are likely to use, or "IQF" (individually quick-freeze): spread them in a single layer on a cookie sheet lined with wax paper and lay the pan in the freezer. When they are frozen, package them in rigid containers. These can be taken out just a few at a time for breakfast cereal, smoothies, or baking.