

# VICTORIAN STRAWBERRY CALENDAR 2023



VICTORIAN STRAWBERRY INDUSTRY  
DEVELOPMENT COMMITTEE



**JANUARY**



Strawberry Frozen Yoghurt Pops

# JANUARY

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

30

Term 1 begins,  
ACT, SA, VIC,

31

Term 1 begins, NT

1

New Year's Day

2

New Year's Day  
Holiday

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Devonport Cup, TAS

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23

Term 1 begins, QLD

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25

26

Australia Day

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Term 1 begins, NSW

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## Strawberry Frozen Yoghurt Pops

Cool down with these 'berry tasty' frozen pops.

Makes 12

### Ingredients:

- 1 x 250g punnet Victorian Strawberries, washed, hulled and chopped
- 1 x 85g pack Aeroplane Original Strawberry Flavour Jelly
- 1/2 cup (125mL) boiling water
- 2 cups (560g) plain Greek style yoghurt
- 3 tbsp (60ml) honey

### Method:

- Place strawberries in a medium bowl and use a fork or masher to crush. In another medium bowl, combine jelly crystals and boiling water. Stir to dissolve well. Add crushed strawberries and mix to combine.
- Spoon 1 tablespoon of the mixture into the base of each cup or mould. Freeze for 1 hour, or until firm.
- Whisk yoghurt and honey together by hand until well combined. Fold remaining strawberry mixture (now at room temperature) into the yoghurt.
- Spoon yoghurt mixture evenly between cups or moulds and insert a pop stick into each.
- Place in freezer overnight or until frozen solid.
- To serve, quickly dip the bottom of each cup or mould in hot water and carefully turn out.

### Tip:

Honey can also be substituted with pure maple syrup.

Image and recipe courtesy of @aeroplanejelly



### Fun Fact

Strawberries  
are members of the  
rose family.



**FEBRUARY**



Choc Dipped Strawberries

# FEBRUARY

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Term 1 begins, WA

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Term 1 begins, TAS

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Royal Hobart Regatta, TAS

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Valentine's Day

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Launceston Cup, TAS

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## Choc Dipped Strawberries

Makes approximately 20 strawberries

### Ingredients:

- 3 x 250g punnets Victorian Strawberries
- 200g cooking chocolate, broken into chunks

### Method:

1. Wash strawberries and pat dry. Place chocolate into a dry heat proof bowl, and melt over the top of simmering water, stirring occasionally.
2. Once chocolate is melted, hold the calyx (green end) of a strawberry and carefully dip into the chocolate, allowing excess chocolate to run off. Then place on a tray lined with bake paper to set. Complete with remaining strawberries.
3. Serve when set.

## About the industry



Strawberries were first commercially grown in Victoria during the early 1900s.



The Yarra Valley was the first place to experience strawberry production as migrant families began to settle on the outskirts of Melbourne, particularly in those areas with rich fertile soils.



Today there are close to 100 strawberry farms in Victoria, from Portland in the south west to Wodonga in the north east, although most are still located in the Yarra Valley, a short 45-minute drive from Melbourne's CBD.



Victorian strawberries were only distributed through the Melbourne market until the 1960s, when Gordon Chapman used a flat tray truck to transport the first consignment of strawberries to Sydney.





**MARCH**



Strawberry Cheesecake Cups

# MARCH

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Labour Day, WA

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King Island Show, TAS

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Labour Day, VIC  
Adelaide Cup Day, SA  
Eight Hours Day, TAS  
Canberra Day, ACT

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Term 1 ends, QLD



## Strawberry Cheesecake Cups

Serves 10

### Ingredients:

- 1 x 85g packet Aeroplane Original Strawberry Flavour Jelly
- 1 cup (250 ml) boiling water
- 2 1/2 teaspoons gelatin powder
- 2 cups crushed biscuit crumbs
- 100g butter, melted
- 250g cream cheese, softened
- 1 x 395g can sweetened condensed milk
- 1 x 250g punnet Victorian Strawberries, washed, dried and chopped

### Method:

- In a medium sized bowl, prepare Aeroplane Strawberry Flavoured Jelly Crystals according to packet instructions. Set aside to cool completely (Note: if jelly is too warm when poured over filling it will melt the cream filling). In a second bowl combine boiling water and gelatin, stirring well until gelatin is completely dissolved. Set aside to cool slightly.
- Place crushed biscuits in a medium bowl, add melted butter and stir to combine well. Divide crumb mixture between 10 serving glasses or plastic cups. Using the base of a cup or fingertips loosely press biscuit crumb into cup bases.
- Using an electric mixer beat cream cheese on medium speed until smooth. Add sweetened condensed milk and beat on medium speed for a minute or until smooth. Pour in gelatin mixture and continue to beat for a minute until well combined. Pour cheesecake mixture evenly between serving cups (approximately 1/3 cup (80mL) per cup).
- Place cups on a tray, cover with plastic wrap and refrigerate until set (about 1-2 hours). Spoon chopped strawberries evenly between cheesecake cups. Carefully pour the cooled Aeroplane Strawberry Flavoured Jelly evenly over strawberries. Cover and refrigerate for a further 1 - 2 hours or until set.

Image and recipe courtesy of @aeroplanejelly





**APRIL**





# APRIL

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

					1	2 Daylight Saving Time Ends, ACT, NSW, SA, TAS, VIC
3	4	5 Term 1 ends, TAS	6 Term 1 ends, ACT, NSW, NT, VIC, WA	7 Good Friday	8 Easter Saturday	9 Easter Sunday
10 Easter Monday	11 Easter Tuesday, TAS	12	13	14 Term 1 ends, SA	15	16
17 Term 2 begins, NT, QLD	18	19	20	21	22	23
24 Term 2 begins, ACT, NSW, VIC, WA	25 Anzac Day	26 Term 2 begins, TAS	27	28	29	30



## Strawberry Salsa

Serves 4

### Ingredients:

- 1 x 250g punnet Victorian Strawberries, washed, hulled and diced
- 1/2 red chilli, deseeded, finely diced
- 1/2 shallot, finely sliced
- Juice of 1 lime
- Salt and pepper

### Method:

1. Combine all salsa ingredients in a bowl. Taste and adjust seasoning if required.

### Easter Tip

This salsa is the perfect accompaniment to your favourite Easter dish. Perfect with salmon, prawns, lobster, calamari or fish tacos.



### Fun Fact

Strawberries are fat-free, low in sugar and an excellent source of vitamin C.



**MAY**





# MAY

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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May Day, NT  
Labour Day, QLD  
Term 2 begins, SA

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Mother's Day

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Reconciliation Day,  
ACT

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Luci Corallo  
Strawberry Springs  
Milgrove, VIC



*What's the best thing about being a strawberry grower?*

The love of plants, and watching them grow, it's like having a really big garden that produces a product that makes us proud.



*What would you tell your 20 year old self about being a grower?*

Study more about Agricultural Science.



*Why is Victoria the best for growing strawberries?*

We grow the best flavoured strawberries in Victoria as we certainly have the full four seasons.



*What's the best way to eat strawberries?*

Either straight off the plant, or in a very old recipe of my mum's which is to dice and slice up the strawberries, add a tiny bit of sugar, some lemon juice and a little bit of yellow Galliano. Leave it in the fridge for a few hours and then enjoy the amazing strawberry flavours.



**JUNE**





# JUNE

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

			1	2	3	4
5 WA Day, WA	6	7	8	9	10	11
12 Queen's Birthday, ACT, NSW, NT, SA, TAS, VIC	13	14	15	16	17	18
19	20	21	22	23 Term 2 ends, NT, QLD, VIC	24	25
26	27	28	29	30 Term 2 ends, ACT, NSW, WA		



## Save and Savour All Year Round

Victorian Strawberry season may be coming to an end but that doesn't mean you have to stop enjoying everybody's favourite little red berry. If you've got strawberries to spare, why not preserve them to use off-season?



### Freezing

You can halve them, you can slice them, you can freeze them whole. You can even purée them and pour them into ice cube trays. However you choose to freeze your strawberries, you'll be glad you did because it means you'll be able to use them all year round to make muffins, smoothies, sauces, cakes and other tasty strawberry treats.



### Jam

Another great way to make the most out of your strawberries is to turn them into jam. One and a half kilos of strawberries will yield around 6 x 250g jars of jam, keeping you well stocked for the winter months.



### Dehydrating

If you have a dehydrator handy, this is another great way to save your strawberries. Dried strawberries can be added to muffins and cakes, stirred through cereal or eaten as a snack on their own.

We ♥ Victorian Strawberries



**JULY**



Creamy Almond Butter and Strawberry Jam Breakfast Smoothies



# JULY

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

31

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Term 2 ends, SA,  
TAS

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Term 3 begins,  
QLD, VIC

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Term 3 begins,  
ACT, NSW, WA

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Term 3 begins, NT

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Term 3 begins, SA

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Term 3 begins, TAS

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## Creamy Almond Butter and Strawberry Jam Breakfast Smoothies

A simple recipe the whole family will love.

### Strawberry Chia Jam

#### Ingredients:

- 2 x 250g punnets Victorian Strawberries, washed, hulled
- 2 tablespoons pure maple syrup
- Squeeze of lemon juice
- 1 1/2 tablespoons chia seeds

#### Method:

1. Roughly chop strawberries and place into a saucepan.
2. Add the maple syrup and lemon juice.
3. Cook on a low heat and simmer for approx 15 mins.
4. Take off heat and cool completely before adding chia seeds. Stir well. The jam will thicken over 2-3hrs.

### Strawberry Smoothie

#### Ingredients:

- 500ml Almond milk
- 3 frozen bananas
- 2 tablespoons Almond butter
- 2 tablespoons rolled oats
- 1 teaspoon pure vanilla extract

#### Method:

1. Place all ingredients into a high speed blender and blend until smooth and creamy.
2. Place 2-3 tablespoons of strawberry chia jam into bottom of glass, pour in smoothie.

The strawberry chia jam makes a jars worth so you can keep it in the fridge to use as you wish. Try it smothered on toast or with yoghurt and granola.

Recipe by Chloe Munro, @the\_smallseed\_



**AUGUST**





# AUGUST

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

	1	2	3	4	5	6
7 Bank Holiday, NSW Picnic Day, NT	8	9	10	11	12	13
14	15	16 Royal Queensland Show, QLD	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**Bob Dunnett**  
Beechworth Berries,  
Beechworth, VIC



*What's the best thing about being a strawberry grower?*

Enjoying the privilege and challenges of growing fruit and the satisfaction of seeing people love and enjoy eating our beautiful fresh berries.



*What piece of advice would you give your 20 year old self?*

Choose a crop and business model you think you will enjoy, understand what customers want and remember nothing is permanent.



*What makes Victorian Strawberries the best?*

In Victoria, we have good support including nursery, IPM consultants, great suppliers and industry organisations.



*What's the best way to eat strawberries?*

With good company.



**SEPTEMBER**



Strawberry Paris Brest



# SEPTEMBER

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

				1	2	3 Father's Day
4	5	6	7	8	9	10
11	12	13	14	15 Term 3 ends, QLD, VIC	16	17
18	19	20	21	22 Term 3 ends, ACT, NSW, NT, WA	23	24
25 Queen's Birthday, WA	26	27	28	29 Term 3 ends, SA, TAS	30	



## Strawberry Paris Brest

### Ingredients:

- 2 x 250g punnets Victorian Strawberries, sliced
- 300ml cream
- 1 tbs vanilla bean paste
- 150g icing sugar, sifted
- 40g flaked almonds, toasted

### Choux Pastry

- 100g unsalted butter
- 125ml milk
- 125ml water
- 170g plain flour, sifted
- 1 tsp icing sugar, sifted
- 5 eggs

### Method:

1. Preheat oven to 210°C. Line a baking tray with baking paper, draw a 20cm circle in the centre of the paper & flip the paper over.
2. Make the choux pastry, place butter, milk & water in a saucepan over a medium heat. Add flour & icing sugar, & beat with a wooden spoon until mixture comes away from the sides of the pan. Remove from the stove & cool for a few minutes. Lightly beat 4 eggs in a small bowl, add a little at a time, beating well between additions. Spoon dough into a large piping bag fitted with a plain 2cm round nozzle.
3. Slowly pipe over the circle you drew on the baking paper, & one directly inside that circle. Then pipe another two circles directly over the first two. Smooth out any bumps with wet fingers. Lightly beat remaining egg & brush over the dough.
4. Bake for 15 minutes, reduce oven to 190°C, bake for 30 minutes. Turn off the oven & cool with the door ajar.
5. Make the filling; use an electric mixer to beat the cream, vanilla paste & 1 tbsp of icing sugar, until stiff peaks form. Make the icing by mixing 100g icing sugar with 1 tbsp of water.
6. Use a bread knife to split the pastry in half horizontally. Top bottom ring with cream and then strawberries. Top with the pastry lid. Drizzle the prepared icing over the top of the pastry lid, & scatter over toasted almond flakes. Dust with remaining icing sugar & serve.





**OCTOBER**





# OCTOBER

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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31

1

Daylight Savings  
Time Starts, ACT,  
NSW, SA, TAS, VIC

2

Term 4 begins, VIC  
Labour Day, ACT,  
NSW, SA  
Queen's Birthday,  
QLD

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Term 4 begins, QLD

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Burnie Show, TAS

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Term 4 begins, ACT,  
NSW, NT, WA

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Royal Launceston  
Show, TAS

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Term 4 begins, SA,  
TAS

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Flinders Island Show,  
TAS

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Royal Hobart Show,  
TAS

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## Dominic and Angela Spirli Spirli Strawberries, Wandin North, VIC



*What's the best thing about being a strawberry grower?*

The flexibility of being your own boss, with the rewards of seeing the fruits of your labour being enjoyed by many. Also the pleasure of seeing the strawberry develop from a beautiful flower to a sweet juicy strawberry.



*What piece of advice would you give your 20 year old self?*

To keep evolving with new techniques and to enjoy every day doing what you love.



*What makes Victorian Strawberries the best?*

Our climate makes for good growing, sweet strawberries and the temperature helps develop an intense flavour.



*What's the best way to eat strawberries?*

Picked fresh from the plant, or cut up with a little sugar.





**NOVEMBER**



Strawberries with Burrata



# NOVEMBER

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

1



Victorian Strawberry season begins

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Recreation Day, TAS

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Melbourne Cup Day, VIC

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Remembrance Day

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## Strawberries with Burrata

### Ingredients:

- 2 x 250g punnets Victorian Strawberries, washed
- 2 tbsp balsamic vinegar
- 1 tbsp maple syrup
- Freshly ground black pepper
- Sea salt flakes
- 2 x 100g burrata balls
- Baby basil leaves, picked
- Baguette slices, chargrilled, for serving
- Extra virgin olive oil, for serving

### Method:

- Hull and quarter the strawberries, and place into a large bowl. Mix through the balsamic vinegar, maple syrup and black pepper.
- Place the burrata balls on a large platter, and spoon the strawberry mixture onto the platter. Drizzle over any extra juices, top with sea salt flakes, baby basil leaves and a drizzle of olive oil.

## Pick Your Own

Celebrate the official start of the Victorian Strawberry season with a day trip to the country for some strawberry picking fun!

If in Victoria, visit [www.vicstrawberry.com.au](http://www.vicstrawberry.com.au) to find a Pick Your Own strawberry farm near you.



**DECEMBER**



Strawberry Chocolate Trifle



# DECEMBER

# 2023

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

				<b>1</b> Devonport Show, TAS	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Term 4 ends, QLD	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Term 4 ends, WA	<b>15</b> Term 4 ends, ACT, SA, NT	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Term 4 ends, NSW	<b>20</b> Term 4 ends, VIC	<b>21</b> Term 4 ends, TAS	<b>22</b>	<b>23</b>	<b>24</b> Christmas Eve
<b>25</b> Christmas Day	<b>26</b> Boxing Day Proclamation Day, SA	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> New Year's Eve



## Strawberry Chocolate Trifle

Layers of sliced chocolate roll, chocolate mousse and strawberry jelly, all topped off with Victorian strawberries, creates the perfect end to any Christmas lunch.

Serves 8

### Ingredients:

- 1 x 85g Aeroplane Original Strawberry Flavour Jelly
- 3 x 65g Aeroplane Creamy Chocolate Mousse Mix
- 2 cups (500mL) milk, chilled
- 1 x chocolate cream filled sponge roll, sliced into 2cm rounds
- 2 x 250g punnets Victorian Strawberries, hulled and chopped

### Method:

1. Prepare Aeroplane Original Strawberry Flavoured Jelly according to pack instructions and refrigerate until set (approximately 4 hours).
2. Prepare Aeroplane Chocolate Flavoured Mousse Mix according to pack instructions.
3. Place half the amount of mousse, sponge roll slices, jelly and strawberries into the bottom of a large glass dish and repeat. Refrigerate until ready to serve.



Image and recipe courtesy of @aeroplanejelly



# KITCHEN TIPS

## Selecting Strawberries

The perfect strawberry should be fully coloured, firm, bright, plump and shiny. Make sure the cap (calyx) is attached, green and fresh-looking.

## Storing Strawberries

Store strawberries in the crisper drawer of your fridge, between 2°C and 5°C.

Washing strawberries adds moisture and can cause berries to spoil faster, so it's best to wash strawberries just before you use them.

Strawberries are at their sweetest when eaten at room temperature. If possible, remove your strawberries from the fridge around an hour before eating.

## Garnishing with Strawberries

Strawberries look wonderful whole, halved or sliced, but if you're feeling fancy, try garnishing with a strawberry fan.

Start with a whole, washed strawberry and make several lengthwise slices just beneath the hull, then use your fingers to gently fan the slices apart.

## Cooking Conversions

1 litre  
4 cups



1 cup  
250mls



1 tablespoon  
4 teaspoons (20mls)

1 dessert spoon  
2 teaspoons (10mls)

1 teaspoon  
5mls



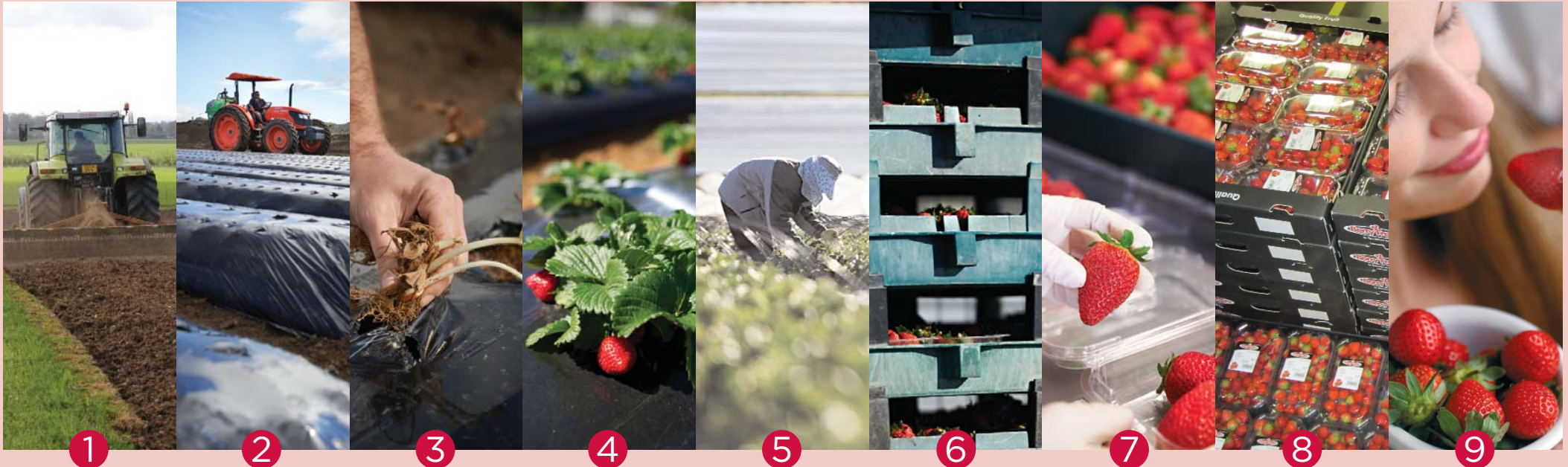
Oven  
temperatures

Slow - 120°C = 250°F  
Moderate - 180°C = 350°F  
Hot - 200°C = 400°F  
Very Hot - 250°C = 500°F





# FROM PADDOCK TO PLATE



1 In autumn, the paddocks are ploughed and the soil is hilled up to form beds.

2 The beds are covered in black plastic and holes are cut in readiness for planting.

3 In winter, the bare-rooted strawberry plants are planted by hand into the pre-cut holes.

4 The newly planted runners grow during winter. In October and November, they begin to flower and produce fruit.

5 When the strawberries are ripe, they are picked and packed into trays.

6 The picking trays are then loaded onto a trailer and taken to the packing shed.

7 The berries are placed in the coolroom to reduce their temperature. The best berries are then hand-packed into punnets.

8 The punnets are put into trays and then on to pallets, ready to be loaded on to a truck and taken to market.

9 Supermarkets and greengrocers purchase the strawberries from the market, so you can enjoy fresh, delicious Victorian strawberries.

360°  
Virtual Tour

Ever wanted to know what life is like as a strawberry farmer?

From planting, picking and packing, our Victorian Strawberry Virtual Tour gives you a fantastic insight into the Paddock to Plate Journey. Head to [vicstrawberry.com.au](http://vicstrawberry.com.au) to take a tour.





# 2023 VICTORIAN STRAWBERRY CALENDAR

Celebrating Victorian Strawberry growers and their delicious harvest




A selection of tempting recipes and mouth-watering images from the Victorian Strawberry Industry Development Committee.

With helpful cooking tips, fun facts and information on Victorian Strawberries, this calendar's large, clear grids will keep you organised and on track.

[www.vicstrawberry.com.au](http://www.vicstrawberry.com.au)  @vicstrawberries



**VICTORIAN STRAWBERRY INDUSTRY DEVELOPMENT COMMITTEE**

 @VictorianStrawberries