

FREEZING FRESH FRUITS & VEGETABLES

It is important to freeze fruits and vegetables correctly to preserve freshness. Blanching is a preservation method where produce is placed in boiling water momentarily, and then cooled immediately in ice water. This can remove bacteria, brighten color, and stop enzymes that encourage decay.

Produce	Freezing	Blanching Time
Apricots	Blanched halves, quarters, slices or jam	30 seconds
Apples	Blanched slices, cubes, or jam	30 seconds
Beets	Blanched cubes	3-5 minutes
Carrots	Blanched slices or cubes	2 minutes
Cherries	Pitted whole or halves	Not required
Corn	Blanched kernels	4 minutes
Cucumber	Grated	Not required
Eggplant	Grated or blanched slices	4 minutes for slices (Not required for grated)
Garlic	Grated or pureed	Not required
Green Beans	Blanched pieces	3 minutes
Herbs	Minced	Not required
Onions	Sliced or minced	Not required
Peaches	Blanched slices, cubes, or jam	30 seconds
Peppers	Slices, rings, or cubes	Not required
Potatoes	Cooked then grated	Not required
Raspberries	Whole or jam	Not required
Strawberries	Halves, slices, or jam	Not required
Summer Squash	Grated	3 minutes
Tomatoes	Diced or cooked sauce	30 seconds for diced (Not required for sauce)

