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# Freezing Fruits & Vegetables



When you freeze fruits and vegetables, you preserve most of their flavor, color, texture, and nutritive value.



You can freeze these foods quickly and easily in your home.

Maintain the storage temperature no higher than 0° F. When you place packages of freshly processed food in the freezer, allow space for air to circulate around containers.

## FREEZING FRUITS

Select fruits that are —

- Fully ripe, but not soft or mushy.
- Tree- or vine-ripened. They have the best flavor, color, and food value.

### When You Freeze Fruits

1. **Sort** fruits carefully, discarding parts that are green or poor quality.
2. **Prepare** fruits as you will use them — stemmed, pitted, etc.
3. **To make sugar sirup**, dissolve needed sugar in cold water. Stir and let stand until solution is clear. (You may substitute light corn sirup cup for cup for one-third of the sugar without noticeably affecting the flavor.)
4. **For sugar pack**, sprinkle required amount of sugar over fruit. Gently stir fruit until pieces are coated with sugar and juice.

5. **Use of ascorbic acid:** In freezing peaches, apricots, nectarines, or sweet cherries, add  $\frac{1}{2}$  teaspoon ascorbic acid for each 4 cups of water used in making the sirup. Do not beat. If you use commercial ascorbic acid preparations, follow manufacturer's directions.
6. **Fill containers** with sirup-packed fruit to within  $\frac{1}{2}$  inch of the top. Keep fruits that tend to darken, such as peaches, under the sirup by placing crumpled wax paper between lid and fruit.
7. **To freeze fruits without sweetening:** Freeze apricots and peaches in liquid containing 1 teaspoon ascorbic acid to 1 quart of water. Crush and freeze most berries in their own juice.
8. **Label containers** with name of fruit, type of pack, and date.

### When You Use Frozen Fruit

Thaw fruit at room temperature in its original package to preserve quality and nutritive value. If faster defrosting is required, place package in front of an electric fan or submerge (if watertight) in cool or lukewarm water. Serve as soon as defrosted, preferably while a few ice crystals remain.



## HOW TO PREPARE FRUITS FOR FREEZING

Fruits	Varieties	Preparation
Apples	Most firm-fleshed cooking varieties, especially apples suitable for pies or sauces.	Peel and cut into pie slices. To prevent darkening, submerge slices in sodium bisulfite (USP grade) solution (1 teaspoon in 1 gallon water) for 5 minutes. Mix solution in glass, earthenware, stainless steel, or enamel container. Drain. Pack in sugar using 10-12 cups apples to 1 cup sugar. <b>OR:</b> Soak apple slices in brine solution ( $\frac{1}{2}$ cup salt to 1 gallon water) for 15 minutes. Drain. Pack in sugar sirup using 2 cups sugar and $\frac{1}{2}$ teaspoon ascorbic acid to 1 quart water. <b>OR:</b> Wash whole apple, drain, and dry. Place in polyethylene or similar plastic bags. Freeze. To use for pie, sauce, or other cooked desserts, run cold water over each frozen apple just before peeling. Peel, slice, and use immediately.
Apricots	Well-ripened fruits of uniform golden-yellow color.	Dip six fully-ripened apricots into boiling water until skins loosen, about 15 to 20 seconds. Chill, peel, halve, and remove pits. Fill containers one-third full of sirup — 3 cups sugar to 1 quart water with $\frac{1}{2}$ teaspoon ascorbic acid. Pack apricots in sirup. <b>OR:</b> Halve soft ripe fruit, steam 4 minutes, crush, and pack with 1 cup sugar to 8-9 cups fruit. Apricots are better canned than frozen.
Blackberries, Boysenberries, Dewberries, Loganberries, Youngberries, and Nectarberries	Any available varieties.	Pack in sugar sirup using 3 cups sugar to 1 quart water. <b>OR:</b> Crush and pack in sugar using 1 cup sugar to 7-8 cups fruit. For pies, pack berries dry without sugar.
Blueberries	Any available variety, cultivated or wild.	For desserts, pack in sugar sirup using 3 cups sugar to 1 quart water. <b>OR:</b> Pack in sugar using 1 cup sugar to 8-9 cups fruit. For pies, pack dry without sugar or sugar sirup.
Pie cherries	Any good quality cherry. Montmorency is excellent.	For pies, use $1\frac{1}{2}$ to 2 cups sugar to 4 cups cherries for 9-inch pie. To improve color, add $\frac{1}{4}$ teaspoon ascorbic acid.
Sweet cherries	Choose bright, fully ripe cherries — Bing, Lambert, Black Republican.	Pack in sirup using 2 cups sugar to 1 quart water, $\frac{1}{2}$ teaspoon ascorbic acid, and either 1 teaspoon citric acid or 4 teaspoons lemon juice.
Citrus Fruit Mixes	Available citrus fruits.	Sprinkle sugar over each layer of citrus fruit, sweetening to taste. Let stand in refrigerator until fruit forms its own juice. If you wish to keep the mix 3-4 months, add $\frac{1}{4}$ teaspoon ascorbic acid to the sugar used for each 2 pints fruit.
Cranberries	Any available variety.	Wash and pack without sugar.
Currants	Red Lake and similar large fruit varieties.	Pack in sugar using 1 cup sugar to 8-9 cups fruit. For cooking, pack dry without sugar.
Fruits for Mixes	Apricots; cherries, Bing or Maraschino; grapefruit; oranges; peaches; pineapple; pomegranate seeds; grapes, Thompson seedless or Tokay.	Pack fruits in sugar sirup using 2-3 cups sugar (depending on fruit sweetness) to 1 quart water and $\frac{1}{2}$ teaspoon ascorbic acid. Use Maraschino cherries and pomegranate seeds sparingly.
Gooseberries	Any good cooking variety.	Pack without sugar or sirup or mix berries and sugar called for in pie recipe.
Ground Cherries	Any available varieties.	Husk, then scald cherries for 2 minutes. Pack in sugar sirup, 3 cups sugar to 1 quart water.
Muskmelons	Hales Best No. 36, Edisto, Honey Dew, other firm-fleshed varieties.	Cut flesh into $\frac{1}{2}$ - to $\frac{3}{4}$ -inch cubes or balls. Cover with sugar sirup, using 2 cups sugar to 1 quart water. You can add whole seedless grapes. Serve partially frozen.
Nectarines	Any available variety.	Same as apricots for preparation and packing.
Peaches	Elberta, July Elberta, J. H. Hale, Candoka, Halehaven. Redhaven. Some non-browning varieties do not need ascorbic acid.	Dip 3 or 4 peaches into boiling water until skins loosen. Chill and follow instructions given for apricots. <b>OR:</b> Freeze nonbrowning varieties with dry sugar using $\frac{1}{2}$ teaspoon ascorbic acid and 4 cups sugar with 8 pounds fruit (about 4 quarts).
Pineapple	Any fruit of bright appearance, dark orange-yellow color.	Peel and core. Dice, slice, or cut into wedges. Cover with sirup, 3 cups sugar to 1 quart water. <b>OR:</b> Pack in dry sugar, 1 cup sugar to 8-9 cups fruit. Do not use uncooked pineapple in gelatin molds.
Raspberries	Red — Latham, Taylor, Canby, Willamette, Chief, September, Newburgh; Purple — Sodus, Black Bristol.	Pack raspberries in sirup, 3 cups sugar to 1 quart water. <b>OR:</b> Pack in dry sugar, 1 cup sugar to 7-8 cups fruit. Pack purple raspberries for jam without sweetening.
Strawberries	Marshall, Northwest, Red Rich, Sparkle, Dunlap, Gem and Superfection are among those acceptable.	Pack whole, sliced (preferred), or crushed berries in 1 cup sugar to 7-8 cups fruit. <b>OR:</b> Pack whole berries in sirup, 3-4 cups sugar to 1 quart water.



## HOW TO PREPARE VEGETABLES FOR FREEZING

Vegetables	Varieties	Preparation
Asparagus	Martha Washington, Mary Washington, F <sub>1</sub> Hybrid.	Wash and sort medium and large stalks. Leave whole or cut in 1- to 2-inch lengths. Blanch medium stalks 3 minutes, large stalks (½- to ¾-inch diameter) 4 minutes. Cool.
Beans (Green Podded)	Use strains of Blue Lake Bush and Tendercrop varieties.	Wash, snap off tips, and sort for size. Cut or break into suitable pieces or freeze small beans whole. Blanch 3½ minutes. Cool.
Beans (Yellow Podded)	Cherokee, Kinghorn Wax.	Process same as green podded beans.
Beans, Lima	Fordhook No. 242, Triumph, Burpee Improved Bush.	Wash, shell, and sort. Blanch small and medium beans, 3 minutes; large beans, 4 minutes. Cool.
Beans, Snap (Italian)	Any good garden variety.	Wash, snap off ends, and cut or break into 1- or 1½-inch lengths. Blanch 3½ minutes. Cool.
Beets	Use Detroit Dark Red, Ruby Queen and other garden varieties of good quality and color.	Select small- or medium-sized beets. Remove tops and wash. Cook until tender. Chill. Remove skins. Slice or dice large beets.
Broccoli	Waltham 29 and Spartan Early.	Discard off-color heads or any that have begun to blossom. Remove tough leaves and woody butt ends. Cut stalks to fit container. Cut through stalks lengthwise, leaving heads 1 inch in diameter. Soak ½ hour in salt brine (½ cup salt to 1 quart water) to drive out small insects. Rinse and drain. Blanch 4 minutes in water. Steam-blanch 5 minutes. Cool. Pack heads and stalk ends alternately in container.
Brussels Sprouts	Catskill, Jade Cross.	Wash and trim. Soak ½ hour in salt brine (see broccoli). Rinse and drain. Blanch medium heads, 4 minutes; large heads, 5 minutes. Cool.
Carrots	Nantes, Chantenay, etc.	Use tender carrots harvested in cool weather. Top, wash, and scrape. Dice or slice ¼-inch thick. Blanch 3½ minutes. Cool.
Cauliflower	Use Snowball strains.	Trim and wash. Split heads into individual pieces 1 inch in diameter. Soak ½ hour in salt brine (see broccoli). Rinse and drain. Blanch 4 minutes. Cool.
Sweet Corn	Sugar and Gold, Golden Beauty, Golden Cross Bantam, and Sugar King preferred for corn-on-the-cob. For cut corn, Jubilee, Lochief, Golden Earlipak and other good table corn may be used.	Husk, remove silks, and trim ends. Use a large kettle (12- to 15-quart capacity). Blanch whole grain corn to be cut from the cob 4½ minutes. Use schedule on page 4 for corn-on-the-cob.
Eggplant	Any variety with good color and quality.	Precooked eggplant is usually more satisfactory for freezing than blanched eggplant. Peel, cut into ¼- to 1/3-inch slices, or dice. To retain light color, drop pieces immediately into cold water containing 4 tablespoons salt per gallon. Blanch 4½ minutes in the same proportion salted water. Cool and package in layers separated by sheets of locker paper.
Garden Herbs	Any common varieties.	Wrap sprigs or leaves in foil or seal in film bags and store in a carton or glass jar. Wash, but do not scald leaves.
Mushrooms		Wash and remove stem base. Freeze small mushrooms whole; cut large ones into four or more pieces. When blanching mushrooms, add 1 teaspoon citric acid (or 3 teaspoons lemon juice or ½ teaspoon ascorbic acid) per quart of water to prevent darkening. Blanch medium or small whole mushrooms 4 minutes; cut pieces, 3 minutes. Cool. OR: Slice mushrooms ¼-inch thick. Saute in butter, 2 minutes. Cool.
Onions	Sweet Spanish types preferred. Can use good garden varieties.	Peel onions, wash, and cut into quarter sections. Chop. Blanch 1½ minutes. Cool. (They will keep 3-6 months.)
Peas	Little Marvel, Frosty, Laxton's Progress, Freezonian.	Shell small amount at a time. Blanch 1½ to 2 minutes. Blanch black-eyed peas 2 minutes. Cool.
Peas (Edible-Podded, Sugar, or Chinese)	Any variety.	Wash. Remove stems, blossom ends, and any string. Leave whole. Blanch 2½ to 3 minutes. Cool.
Peppers, Green	Any variety.	Wash, cut out stem, and remove seeds. Halve, slice, or dice. Blanch halved peppers, 3 minutes; sliced or diced ones, 2 minutes. Cool. You can freeze chopped peppers without blanching them.
Peppers, Pimiento		Oven roast at 400° F. for 3 to 4 minutes. Cool, skin, and pack dry without additional heating.
Potatoes	Any good quality potato.	Wash, peel, remove deep eyes, bruises, and green surface coloring. Cut in ¼- to ½-inch cubes. Blanch 5 minutes. Cool. For hash browns: Cook in jackets until almost done. Peel and grate. Form in desirable shapes. Freeze. For french fries, peel and cut in thin strips. Fry in deep fat until very light golden brown. Drain and cool.



## HOW TO PREPARE VEGETABLES FOR FREEZING (continued)

Vegetables	Varieties	Preparation
Pumpkin	Any good pie pumpkin.	Cut or break into fairly uniform pieces. Remove seeds. Bake at 350° F., or steam until tender. Cool, scoop pulp from rind, and mash or put through ricer. You can prepare pie mix for freezing, but omit cloves.
Rhubarb	Valentine, Chipman's Canada Red, McDonald Crimson, etc.	Remove leaves and woody ends, wash, and cut in 1-inch lengths. Do not blanch. For sauce, pack in sugar sirup using 3½ cups sugar to 1 quart water. For pies, pack in dry sugar using 1 cup sugar to 4 cups rhubarb, or pack without sugar for a few months' storage.
Spinach and other Greens	Spinach, Bloomsdale Long Standing, New Zealand, America; Swiss Chard, Fordhook, Lucullus, Burgundy.	Sort and remove tough stems. Wash. Blanch most leafy greens 2 minutes. Blanch collards and stem portions of Swiss chard 3 to 4 minutes. Blanch very tender spinach 1½ minutes. Cool.
Summer Squash	Summer Crookneck, Zucchini, Summer Straightneck.	Wash, peel, and cut in pieces. Blanch ¼-inch slices, 3 minutes; 1½-inch slices, 6 minutes. Cool.
Winter Squash	For pies, Banana, Golden Delicious, Greengold, Hybrid R. For table use, Buttercup, Greengold, Rainbow, Hybrid R.	Prepare same as pumpkin. You can blend two or more varieties or blend squash with pumpkin.

## FREEZING VEGETABLES

Select vegetables that are —

- At peak flavor and texture: the kind you would choose for immediate table use.

Tips on handling —

- When possible, harvest in cool part of the morning.
- Process as quickly as possible to retain top quality. If processing is delayed, cool vegetable in ice water or crushed ice and store in refrigerator to preserve flavor and quality and to prevent vitamin loss.

### When You Freeze Vegetables

1. **Blanch** all vegetables before freezing to inactivate enzymes, otherwise flavor and vitamins will be lost during storage. Blanching will brighten the color and help retain texture. Blanch by scalding in boiling water.

2. **Assemble** the following equipment: large kettle (enamelware, aluminum, or stainless steel) with 2- or more gallon capacity; fine wire mesh basket or large loose cheesecloth bag; pans for cooling; timer or clock with second hand.

3. **To blanch in boiling water:**

- Allow 1 gallon water for each pound of vegetable except for leafy greens, which need 2 gallons per pound.
- Bring water to rolling boil.
- Immerse wire basket or loose cheesecloth bag containing vegetable.
- Cover kettle and boil at top heat the required length of time (see table). Begin counting time as soon as you place the vegetable in water.
- Cool immediately in cold running water or ice water for same time used for blanching.
- Drain and pack in containers.
- If vegetables are to be taken to a locker plant, store in refrigerator. Not more than 2 hours should elapse between preparation-packaging and freezing.

4. **To steam blanch:**

- Put 1 inch of water in kettle, bring to a rolling boil.
- Suspend a thin layer of vegetable in a wire basket or loose cheesecloth over rapidly boiling water.
- Cover and process vegetable required amount of time (see table).

### When You Cook Frozen Vegetables

All vegetables may be cooked from the frozen state except corn-on-the-cob, which should be partially defrosted. Cook frozen vegetables in a small amount of salted water (about ½ cup or less). Cook only until tender—about half as long as if the same vegetable were fresh. You can use a pressure saucepan for cooking frozen vegetables. Follow manufacturer's directions for cooking time. A pack should be thawed enough to break it up before pressure cooking.

#### Preparation for corn-on-the-cob

Size of ears	Number ears blanched with 12 quarts water	Diameter (inches)	Blanch (minutes)	Cooling time (minutes)
Midget	24	1¼ or less	8	16
Small	14	Between 1¼ and 1½	8	16
Medium to large	10	Over 1½	11	22

### Containers

Use containers designed for freezing or use wide-mouthed glass canning jars. Select containers that are easy to fill and empty and occupy little freezer space. Some common types are:

1. **Film bags** — with twist and tie tops.
2. **Rigid cartons** — waxed or plastic-lined.
3. **Glass jars** — wide-mouthed types are convenient.
4. **Metal cans** — use enamel-lined types.
5. **Polyester film boil-in-the-bag containers** — they have good protective qualities in the freezer.