

Freezing Fruit

Extend Your Local Growing Season. It's EASY!

- Choose Fresh, ripe local fruit.
- Prepare fruit - see over card.
- Fruit does not require blanching before freezing.
- Package prepared fruit in freezer bags or rigid plastic containers that seal tightly to prevent air exposure and moisture loss.
- Label packages with name of fruit and date frozen.
- Use frozen fruits within six months for best flavour.

When to use sugar.

While sugar is not needed to freeze fruit, it helps to keep the flavour of some fruits while frozen. The amount of sugar you add will depend on the sweetness of the fruit. Try 50 ml (1/4 cup) of sugar with 1 L (4 cups) of fruit and adjust as you prefer. Sugar is not used when freezing whole berries on a tray, or for blueberries or rhubarb.

Why does some fruit turn brown?

Peaches, nectarines and apricots start to turn brown once cut and exposed to air, and during freezing, due to enzymes in the fruit. Browning can be reduced by dipping these fruits in: 75 ml (1/3 cup) of lemon juice mixed with 1 L (4 cups) of water, OR 5 ml (1 tsp) of ascorbic acid crystals mixed with 1 L (4 cups) of water, OR a commercial anti-browning product (Follow the directions on the package.)

TIP: *You can also use one of these mixtures to prevent other raw fruit (like apples) from turning brown.*

For more information on healthy eating:

- visit the Peterborough County-City Health Unit website www.pcchu.ca
- speak to a Registered Dietitian at EatRight Ontario at 1-877-510-5102 or visit their website at www.Ontario.ca/EatRight



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Fruit that can be frozen

How to prepare fruit for the freezer



Blueberries

Choose sweet, well-ripened berries. Wash. Freeze berries together in a freezer bag or container OR separately on a tray and then package.



Peaches

Wash, peel and slice. Sprinkle with sugar. Pack in a rigid container to keep slices intact.



Raspberries

Choose firm, fully mature fruit. Wash. Freeze berries together in a freezer bag or container OR separately on a tray and then package.



Strawberries

Choose firm, red berries. Wash, remove stems.
 1. Slice berries into a freezer bag or container and sprinkle with sugar
 OR
 2. Freeze whole berries individually on a tray and then package.



Rhubarb

Choose tender, well-coloured stalks. Wash, trim, cut into small pieces.

Freezing Vegetables

Extend Your Local Growing Season. It's EASY!

- Choose fresh, ripe, local vegetables.
- Prepare vegetables - see over card.
- Vegetables require blanching before freezing - use the five steps outlined on this card.
- Package prepared vegetables in freezer bags or rigid plastic containers that seal tightly to prevent air exposure and moisture loss.
- Label packages with name of vegetable and date frozen.
- Use frozen vegetables within six months for best flavour.

5 Steps For Blanching Vegetables

You will need:

- Large pot with lid
- Colander
- Slotted Spoon
- Water
- Timer or watch
- Prepared vegetables
- Freezer bags or rigid plastic containers

1. Fill pot halfway with water, cover with lid and bring to boil.
2. Plunge vegetables (about 4 cups) into the boiling water.
3. Immediately start counting the blanching time according to the chart on the back of this card.
4. When the blanching time is complete, remove vegetables using a slotted spoon and put vegetables into a colander. Cool vegetables with cold water.
5. Drain cooled vegetables, shaking slightly to remove water.




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Vegetables that can be frozen	How to prepare vegetables for the freezer	Blanching Time
 Asparagus	Wash and remove rough ends and sandy scales. Leave whole or cut into smaller pieces. Blanch	4 minutes
 Beans (green or yellow)	Wash and trim ends. Leave whole or cut in smaller pieces. Blanch	3 minutes
 Broccoli	Remove woody stems, trim and wash. Cut into smaller pieces. Blanch	3 minutes
 Carrots	Remove tops. Peel if desired. Wash. Leave small carrots whole. Cut larger carrots into smaller pieces. Blanch	3 minutes
 Cauliflower	Break heads into smaller pieces. Wash. Blanch	3 minutes
 Corn	Remove husks and silk. Wash. Blanch whole cobs. After blanching, cut niblets from cobs.	4 minutes
 Greens (kale, beet, spinach, chard)	Wash thoroughly. Separate leafy parts from stalks. Cut into bite-sized pieces. Blanch	2 minutes
 Peas	Remove from pods. Wash. (If preparing peas with edible pods, leave pods intact.) Blanch	2 minutes
 Peppers	Wash. Cut into strips or bite sized pieces.	Not required