

Freezing Fruit

It's EASY!

- Choose fresh, ripe, local fruit.
- Prepare fruit—see over.
- 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 fruit 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?

Many fruit, such as peaches and apples, turn brown once cut and exposed to air and during freezing due to enzymes in the fruit. Browning can be reduced by dipping these fruit 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, call EatRight Ontario to speak to a Registered Dietitian at 1-877-510-5102 or visit www.ontario.ca/EatRight.

Adapted with permission of Region of Waterloo Public Health and the Sudbury & District Health Unit.

Document disponible en français.

O: 03/0211



Freezing Vegetables

It's EASY!

- Choose fresh, ripe, local vegetables.
- Prepare vegetables—see over.
- 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 approximately 1 L (4 cups) of vegetables 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.

For more information on healthy eating, call EatRight Ontario to speak to a Registered Dietitian at 1-877-510-5102 or visit www.ontario.ca/EatRight.

Adapted with permission of Region of Waterloo Public Health and the Sudbury & District Health Unit.






Document disponible en français.

O: 03/0211



Fruit that can be frozen







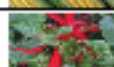


How to prepare fruit for the freezer

 <p>Blueberries</p>	<p>Choose sweet, well-ripened berries. Wash. Freeze berries together in a freezer bag or container OR separately on a tray and then package and freeze.</p>
 <p>Peaches</p>	<p>Choose ripe, unblemished, soft but firm peaches. Wash, peel, and slice. Sprinkle with sugar. Pack in a rigid container to keep slices intact.</p>
 <p>Raspberries</p>	<p>Choose firm, fully mature fruit. Wash. Freeze berries together in a freezer bag or container OR separately on a tray and then package.</p>
 <p>Strawberries</p>	<p>Choose firm, red berries. Wash, remove stems. Slice berries into a freezer bag or container and sprinkle with sugar OR freeze whole berries individually on a tray and then package.</p>
 <p>Rhubarb</p>	<p>Choose tender, well-coloured stalks. Wash, trim, cut into small pieces.</p>

Vegetables that can be frozen

How to prepare vegetables for the freezer

Blanching time

	<p>Asparagus</p>	<p>Wash and remove rough ends and sandy scales. Leave whole or cut into smaller pieces. Blanch.</p>	<p>4 minutes</p>
	<p>Beans (green or yellow)</p>	<p>Wash and trim ends. Leave whole or cut into smaller pieces. Blanch.</p>	<p>3 minutes</p>
	<p>Broccoli</p>	<p>Remove woody stems, trim, and wash. Cut into smaller pieces. Blanch.</p>	<p>3 minutes</p>
	<p>Carrots</p>	<p>Remove tops. Peel. Wash. Leave small carrots whole. Cut larger carrots into smaller pieces. Blanch.</p>	<p>3 minutes</p>
	<p>Cauliflower</p>	<p>Break heads into smaller pieces. Wash. Blanch.</p>	<p>3 minutes</p>
	<p>Corn</p>	<p>Remove husks and silk. Wash. Blanch whole cobs. Cool. After blanching, cut niblets from cobs.</p>	<p>4 minutes</p>
	<p>Greens (kale, beet, spinach, chard)</p>	<p>Wash thoroughly. Separate leafy parts from stalks. Cut into bite-sized pieces. Blanch.</p>	<p>2 minutes</p>
	<p>Peas</p>	<p>Remove from pods. Wash. (If preparing peas with edible pods, leave pods intact.) Blanch.</p>	<p>2 minutes</p>
	<p>Peppers</p>	<p>Wash. Cut into strips or bite-sized pieces.</p>	<p>Not required</p>