



FROZEN FRUITS AND VEGGIES

Blanched Vegetables for Freezing

Blanching vegetables before freezing preserves their color, texture, and nutrients while stopping enzyme activity that can cause spoilage.

Ingredients:

- Fresh vegetables of your choice (e.g., green beans, broccoli, carrots, spinach)
- Water for blanching
- Ice for an ice bath

Instructions:

1. Prepare the Vegetables: Wash vegetables thoroughly and cut them into uniform sizes for even blanching. For example:
 - Green Beans: Trim the ends.
 - Broccoli: Separate into florets.
 - Carrots: Peel and slice into rounds.
2. Boil the Water: Bring a large pot of water to a rolling boil. Use about 1 gallon of water for every 1 pound of vegetables.
3. Blanch the Vegetables: Add the prepared vegetables to the boiling water. Blanch for the recommended time:
 - Green Beans: 3 minutes
 - Broccoli: 2-3 minutes
 - Carrots: 2-3 minutes
 - Spinach: 1-2 minutes



FROZEN VEGETABLES CONTINUED

- **Ice Bath:** Immediately transfer the vegetables to an ice water bath to stop the cooking process. Keep them submerged for the same amount of time they were blanched.
- **Dry the Vegetables:** Drain the vegetables thoroughly and pat them dry with a clean towel.
- **Pack for Freezing:** Place vegetables in single layers on baking sheets and freeze for 1-2 hours. Once frozen, transfer them to freezer-safe bags or containers. Remove as much air as possible before sealing.
- **Store:** Label with the date and type of vegetable. Store in the freezer for up to 12 months.

Tips: Blanched vegetables are great for soups, stir-fries, and side dishes. Freezing them in portions helps with meal prep.

FROZEN FRUITS

FREEZING FRUITS LOCKS IN THEIR NATURAL SWEETNESS AND NUTRIENTS, MAKING THEM PERFECT FOR SMOOTHIES, DESSERTS, OR SNACKS.

INGREDIENTS:

FRESH FRUITS OF YOUR CHOICE (E.G., BERRIES, PEACHES, APPLES, BANANAS)
LEMON JUICE (OPTIONAL, FOR BROWNING PREVENTION)

SUGAR OR HONEY (OPTIONAL, FOR SWEETENING)

INSTRUCTIONS:

PREPARE THE FRUITS: WASH FRUITS THOROUGHLY AND REMOVE ANY STEMS, PITS, OR CORES. SLICE LARGER FRUITS LIKE PEACHES, APPLES, OR BANANAS INTO BITE-SIZED PIECES.



OPTIONAL STEP - PREVENT BROWNING:

TOSS FRUITS LIKE APPLES AND PEACHES WITH 2 TABLESPOONS OF LEMON JUICE PER QUART OF FRUIT TO PREVENT BROWNING. SWEETEN (OPTIONAL): IF DESIRED, COAT THE FRUIT LIGHTLY WITH SUGAR OR A HONEY-WATER MIXTURE (1/4 CUP HONEY DISSOLVED IN 1/4 CUP WARM WATER PER QUART OF FRUIT) TO ENHANCE FLAVOR.

FLASH FREEZING:

LAY THE FRUIT PIECES IN A SINGLE LAYER ON A PARCHMENT-LINED BAKING SHEET. FREEZE FOR 2-4 HOURS UNTIL SOLID.

PACK FOR FREEZING:

TRANSFER THE FROZEN FRUITS INTO FREEZER-SAFE BAGS OR CONTAINERS. REMOVE AS MUCH AIR AS POSSIBLE TO PREVENT FREEZER BURN.



STORE:

LABEL WITH THE DATE AND TYPE OF FRUIT.
STORE IN THE FREEZER FOR UP TO 12
MONTHS.

TIPS:

FOR SMOOTHIES, FREEZE BANANA SLICES
OR BERRIES IN PRE-MEASURED PORTIONS.
FOR BAKING, FROZEN FRUITS CAN BE USED
DIRECTLY IN RECIPES LIKE PIES OR
MUFFINS.

BENEFITS OF FREEZING

NUTRITIONAL RETENTION:

FREEZING HALTS THE NATURAL
DETERIORATION OF PRODUCE, PRESERVING
VITAMINS AND MINERALS.

SEASONAL AVAILABILITY: ENJOY SEASONAL
FRUITS AND VEGETABLES YEAR-ROUND.

CONVENIENCE:

PRE-PORTIONED FROZEN PRODUCE SAVES
TIME DURING MEAL PREP.

SUSTAINABILITY:

REDUCES FOOD WASTE BY PRESERVING
SURPLUS HARVESTS

