

Easy Ways to ... Freeze Fruit and Vegetables

Freeze 	Blanch (quick boil) 	Cook 																		
Put these in the freezer right away	Blanch these before freezing	Cook these before freezing																		
Berries Cherries* Corn (cut off the cob) Grapes Peaches* Plums* Peeled melon Winter squash *remove pits	<table border="0"> <tr> <td>Artichokes</td> <td>Eggplant</td> </tr> <tr> <td>Asparagus</td> <td>Green beans</td> </tr> <tr> <td>Broccoli</td> <td>Leafy greens</td> </tr> <tr> <td>Brussels sprouts</td> <td>Okra</td> </tr> <tr> <td>Cabbage</td> <td>Onions</td> </tr> <tr> <td>Carrots</td> <td>Parsnips</td> </tr> <tr> <td>Cauliflower</td> <td>Peppers</td> </tr> <tr> <td>Celery</td> <td>Summer squash</td> </tr> <tr> <td></td> <td>Zucchini</td> </tr> </table>	Artichokes	Eggplant	Asparagus	Green beans	Broccoli	Leafy greens	Brussels sprouts	Okra	Cabbage	Onions	Carrots	Parsnips	Cauliflower	Peppers	Celery	Summer squash		Zucchini	Apples Beets Beans and legumes Potatoes Sweet potatoes Tomatoes Pumpkin Radishes Winter squash
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Freezing Tips	Blanching Steps	Ways to Cook																		
<ul style="list-style-type: none"> Wash all fruits and vegetables. Store all food in a container with a tight lid. Label your food with the date when you freeze it. Food will keep for 6 months. 	<ul style="list-style-type: none"> Boil enough water to cover all produce in pot. Clean produce. Chop into even-sized pieces. Place produce in boiling water for 1 to 5 minutes and boil until just tender. Rinse under cold water until cool. Strain in colander, place in sealed container and freeze. 	<ul style="list-style-type: none"> Bake or roast Sauté Boil Steam Poach 																		

Adapted from Just Say Yes, New York State Department of Health curriculum.

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Just Say Yes to Fruits and Vegetables