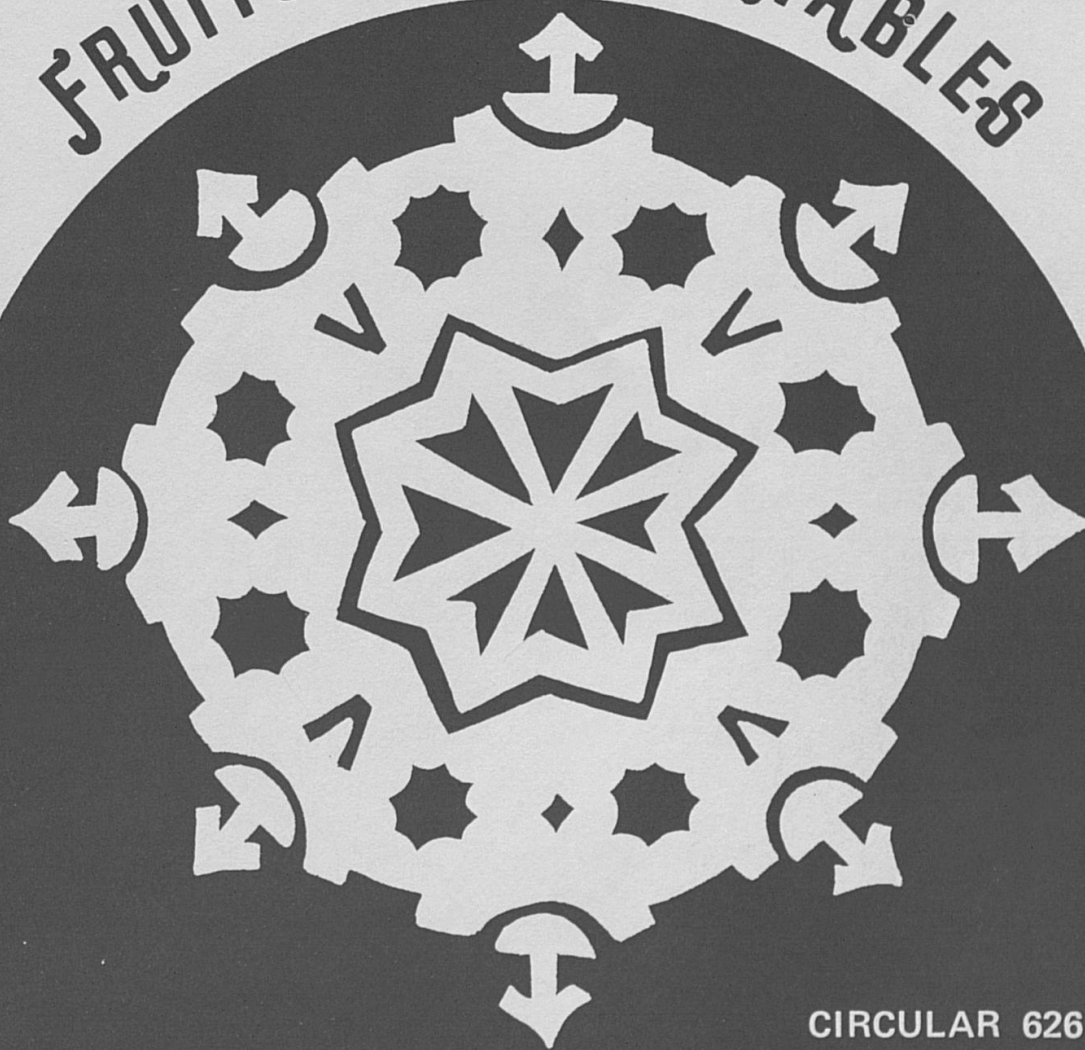
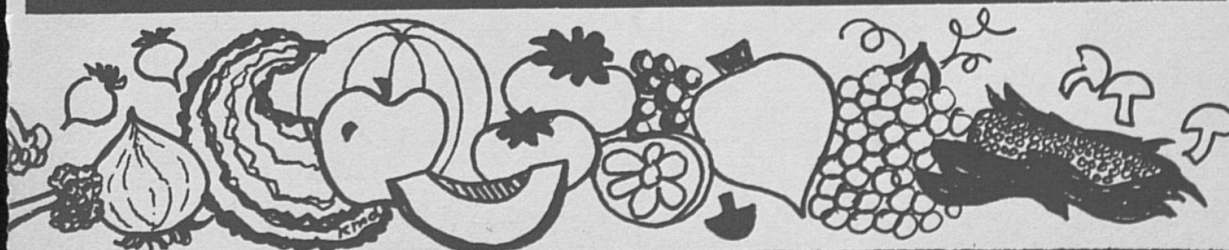


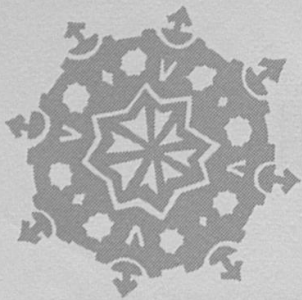
# HOME FREEZING of FRUITS and VEGETABLES



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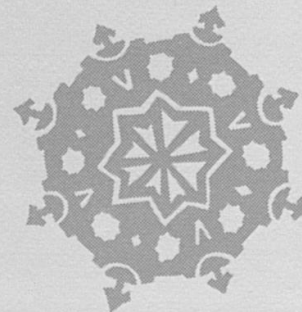
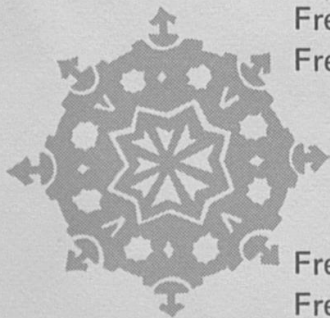


UNIVERSITY OF KENTUCKY  
COLLEGE OF AGRICULTURE . COOPERATIVE EXTENSION SERVICE  
agriculture . home economics . 4-H . development



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*Adapted for Kentucky from USDA Home and Garden Bulletin No. 10, "Home Freezing of Fruits and Vegetables." Photographs courtesy of USDA.*



# HOME FREEZING of FRUITS and VEGETABLES

Freezing is an excellent way to preserve fresh fruits and vegetables. If good methods and correct temperatures are used, your garden produce will keep most of its food value, natural color, flavor and texture. With a home freezer you can have your own fresh-tasting fruits and vegetables available the year round for family meals.

Remember, however, that the quality of food taken out of the freezer is no better than that of the product before being frozen. And although freezing fruits and vegetables is quicker and easier than canning them, good methods and packaging materials must be used to obtain high-quality results.

## temperatures for freezing

### Quick-freeze at zero or lower

Foods should be quick-frozen and stored at 0° F. or lower very soon after they are packed. Do not try to freeze too much at one time. Three to 5 pounds per cubic foot is recommended. Allow space between the packages for air circulation when you first put them in to freeze. If the packages are packed in tightly in several layers, the ones in the middle may freeze too slowly to preserve peak quality.

If power for your freezer is interrupted, or if the unit is failing to operate normally, do not open it. Food in a loaded freezer will usually stay frozen for 2 days, even in the summertime. If repairs cannot be made or service restored within 1 or 2 days, use dry ice to keep the food frozen.

## Refreezing thawed foods

You may safely refreeze frozen foods that have thawed if they still contain ice crystals, or if they are still cold (about 40° F.) and have been held no longer than 1 or 2 days at refrigerator temperature after thawing. In general, if a food is safe to eat, it is safe to refreeze.

However, even partial thawing and refreezing lower the quality of fruits and vegetables. Use refrozen foods as soon as you can to save as much of their eating quality as possible.

## freezing containers

Cold air is dry. It will cause stored foods to dry out and get "freezer burn" unless the moisture is held in. Moisture-vapor-proof wrapping material keeps in those natural juices. Ideally, such packaging is odorless, tasteless, easy to handle, seal and label. It is strong and pliable enough to endure rapid heat transfer, and not to crack at very low temperatures.

Using containers not designed for freezer storage is false economy. Many times these will split, break or become perforated when subjected to 0° F. temperatures. *Always read the label for suggested use.* Ordinary waxed paper, household-weight aluminum foil, used cottage cheese and ice cream cartons are not moisture-vapor-proof and are therefore not recommended.

### GLASS JARS

Glass jars with extra-wide mouths and tapered sides (so that foods can be removed without completely thawing) are especially designed for freezer storage. Screw-on caps have a rubber ring built in to make the container airtight.

Regular canning jars may also be used satisfactorily, provided you allow 1 to 1½ inches of head space to keep them from breaking when foods expand during freezing.

### PLASTIC CONTAINERS

Plastic containers with tapered sides and tight-fitting lids are available in sizes from a half-quart to a gallon and are reusable. Some break easily at very low temperatures. Though expansion does not cause plastic containers to break, a head space should be left to keep food from spilling over the top. *Use low-temperature tape around lid to assure a tight seal, especially in a heavily-loaded freezer.*

## ALUMINUM-FOIL CONTAINERS

Aluminum-foil containers can be used for freezing, cooking, and serving. These come in many sizes and shapes—some with aluminum covers, others with cardboard covers and labeling space on them.



## sealing & labeling

Use low-temperature tape to seal plastic and aluminum-foil containers tightly. Pressure-sensitive, this tape is excellent for covering accidental punctures. You can also use it for labeling the contents of a container, picking different colors of tape for a quick-identity gimmick. If you use plastic freezer bags, seal them with paper-covered wire twist ties which you can buy in a roll or sheet.

Label every container carefully and clearly. Use a wax or soft-lead pencil, a crayon, or special waterproof marking ink on low-temperature tape or label. *Write down the name of the fruit or vegetable, the date frozen, weight or number of servings, and type of pack.*



## records & storage time

Keeping a complete record of the frozen foods on hand will help you use your freezer wisely. This record may be a chart hung close to the freezer or a notebook kept nearby for handy reference.

Write down everything you put into or take out of the freezer. Unless an accurate record is kept, small packages may be lost or forgotten, remaining in the freezer longer than they should. This freezing record can also be a help to you in planning meals.

Plan to use up all of one year's frozen produce before the next year's crop is ready to freeze. Vegetables and fruits keep from 8 to 12 months. After this period of time, they deteriorate somewhat in quality and flavor. *Good freezer management is essential if you are to have a high return for all your hard work.*

# SELECTING FRUITS & VEGETABLES to FREEZE

Most fruits and vegetables freeze very well. Pears, however, may become mushy. Tomatoes lose their firm texture and become soft and flabby. This is also true of the salad vegetables, such as celery, lettuce, green onions, and radishes.

Tomato juice can be frozen satisfactorily, but is so easy to can that you probably won't want to use freezer space for it. Vegetables high in starch content, such as potatoes and mature lima beans, do not freeze well. Among the products easily frozen are some that are the most difficult to can—corn, peas, and green lima beans.

Freeze only the best—firm, well-ripened fruits and fresh, tender vegetables. Their quality will depend on growing conditions, the variety and maturity, as well as the care and method of handling.

Certain varieties of some fruits and vegetables make better frozen products than others. While it would be difficult to include all of these, a few of the better varieties recommended for freezing are listed here. They all grow well in Kentucky.

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## recommended varieties

### FRUITS

**Blackberries** . . . . . Darrow, Eldorado, Thornfree.

**Cherries**

*Red Tart* . . . . . Early Richmond, Montmorency

*Sweet* . . . . . Gov. Wood, Napoleon, Windsor

**Grapes** . . . . . Concord, Fredonia, Sheridan

**Peaches** . . . . . Comanche, Glohaven, Golden Jubilee, Redhaven, Sunhaven

**Pears** . . . . . Kieffer, Morgan, Seckle, Tyson

**Plums** . . . . . Bluefre, Bruce, French Damsen, Ozark Premier, Stanley Prune

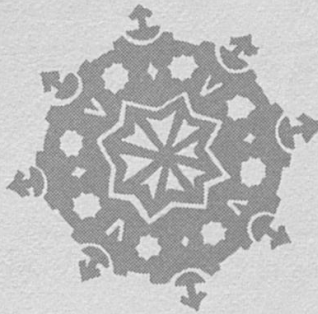


**Raspberries**

- Black* . . . . . Bristol, Cumberland, Logan
- Red* . . . . . Latham

- Strawberries** . . . . . Citation, Pocahontas, Sunrise, Surecrop,  
Tennessee Beauty

**VEGETABLES**



- Asparagus** . . . . . Mary Washington

**Beans**

- Large-seeded lima* . . . . Fordhook 242
- Small-seeded lima* . . . . Thaxter
- Green, bush* . . . . . Corneli-14, Provider, Tendercrop
- Yellow wax* . . . . . Kinghorn Wax

- Beets** . . . . . Detroit Dark Red



- Broccoli** . . . . . Waltham 29

- Brussels sprouts** . . . Long Island Improved

- Carrots** . . . . . Royal Chantenay

- Cauliflower** . . . . . Snowdrift

- Corn, sweet** . . . . . Valleygold



**Greens**

- Kale* . . . . . Dwarf Blue Scotch
- Mustard* . . . . . Tendergreen
- Spinach* . . . . . Bloomsdale Savoy, Early Hybrid No. 7
- Turnips* . . . . . Seven-Top

- Okra** . . . . . Clemson Spineless

- Peas, green** . . . . . Alaska, Freezonian

- Pepper, green** . . . . . Cal Wonder, Yolo Wonder

- Potato, sweet** . . . . . All Gold, Centennial

Pumpkin . . . . . Small Sugar

**Squash**

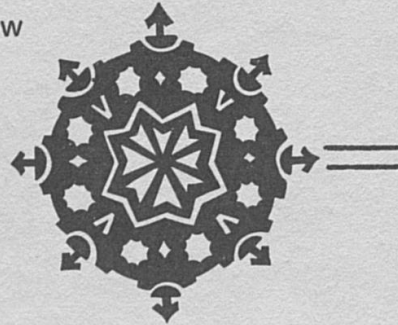
*Summer* . . . . . Early Prolific Straightneck

*Winter* . . . . . Butternut, Boston Marrow

Rhubarb . . . . . Valentine, Victoria

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# freezing fruits

Most fruits are best frozen soon after harvesting. Some, such as peaches and pears, may need to be held a short time to ripen. Flavor is usually well-retained by freezing. Texture may be somewhat softer than that of fresh fruit. Some fruits require special treatment when packed to make them more pleasing in color, texture, or flavor after thawing.

## general instructions

### BEFORE PACKING

Wash fruit in cold water. Wash a small quantity at a time. Too much handling can bruise delicate fruits such as berries. A perforated or wire basket is useful. Lift washed fruits out of the water and drain thoroughly. Don't let the fruit stand in the water—some fruits lose food value and flavor that way, and some get watersoaked.

In general, fruit is prepared for freezing in about the same way as for serving. Large fruits usually make a better product if cut in pieces or crushed before freezing. Many fruits can be frozen successfully in several forms. Good parts of less-than-perfect fruit are suitable for crushed or pureed packs.

It is best to prepare enough fruit for only a few containers at one time, especially those fruits that darken rapidly (such as peaches). Two or three quarts is a good quantity to work with.



## WAYS TO PACK

### Sirup, sugar, and unsweetened

Most fruits have better texture and flavor if packed in sugar or sirup. Some may be packed without sweetening. Directions are also given in this publication for packing crushed fruits, purees, and fruit juices.

Your selection of the way to pack the fruit will depend on how you plan to use it. Fruits packed in a sirup are generally best for dessert use, while those packed in dry sugar or unsweetened are best for most cooking purposes because there is less liquid.

Unsweetened packs generally yield a lower-quality product than packs with sugar. However, directions in this publication include unsweetened packs whenever they are satisfactory, because they are often needed for special diets. A few fruits, such as gooseberries and cranberries, give good-quality packs without sugar.

**Sirup pack.**—A 40-percent sirup is recommended for most fruits. For some mild-flavored fruits, lighter sirups are desirable to prevent masking of flavor. Heavier sirups may be needed for very sour fruits.

In the directions for each fruit, sirups are called for according to the percentage of sugar in the sirup. Below is a master recipe from which any of the sirups can be made. It takes 1/2 to 2/3 cup of sirup for each pint package of fruit.

#### MASTER RECIPE for SIRUP

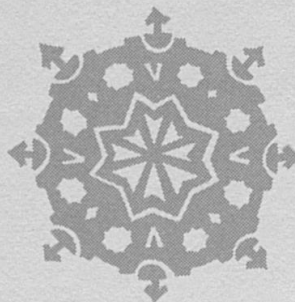
| Type of Sirup | Sugar  | Water  | Yield of Sirup |
|---------------|--------|--------|----------------|
| 30-percent    | 2 cups | 4 cups | 5 cups         |
| 35-percent    | 2½     | 4      | 5 1/3          |
| 40-percent    | 3      | 4      | 5½             |
| 50-percent    | 4 3/4  | 4      | 6½             |
| 60-percent    | 7      | 4      | 7 3/4          |
| 65-percent    | 8 3/4  | 4      | 8 2/3          |

Dissolve sugar in cold or hot water. If hot water is used, cool sirup before using. Sirup may be made up the day before and kept cold in the refrigerator.

When packing fruit into containers, be sure the sirup covers the fruit, so that the top pieces will not change in color and flavor. To keep the fruit under the sirup, place a small piece of crumpled waxed paper or other water-resistant wrapping material on top and press fruit down into sirup before closing and sealing the container.

**Sugar pack.**—Cut fruit into a bowl or shallow pan. Sprinkle the sugar (quantity needed is given in the directions for each fruit) over the fruit. To mix, use a large wooden spoon to avoid breaking or cutting fruit. Mix gently until juice is drawn out and sugar is dissolved. Put fruit and juice into containers. Place a small piece of crumpled waxed paper or other water-resistant wrapping material on top to hold fruit down in juice. Close and seal the container.

**Unsweetened pack.**—Pack prepared fruit into containers, without added liquid or sweetening, or cover with water containing ascorbic acid. Or pack crushed or sliced fruit in its own juice without sweetening. Press fruit down into juice or water with a small piece of crumpled waxed paper as for sirup and sugar pack. Close and seal containers.



## ANTIDARKENING TREATMENT

Some fruits darken during freezing if not treated. Directions for such fruits list the antidarkening treatment as part of the freezing preparation. Several types of antidarkening treatments are used because not all fruits are protected equally well by all treatments.

**Ascorbic acid.**—For most of the fruits that need antidarkening treatment, ascorbic acid (vitamin C) may be used. This is very effective in preserving color and flavor of fruit and adds nutritive value.

Ascorbic acid in crystalline form is available at drug stores and at some locker plants, in various-sized containers from 25 to 1,000 grams. (Crystalline ascorbic acid may also be obtained in powdered form.) One teaspoon weighs about 3 grams; thus there are approximately 8 teaspoons of ascorbic acid in a 25-gram container. In the recipes, amounts of crystalline ascorbic acid are given in teaspoons.

Ascorbic acid tablets can be used, but they are more expensive and more difficult to dissolve than the crystalline form. Also, filler in the tablets may make the sirup cloudy. The amount of ascorbic acid in tablets is

usually expressed in milligrams. Below are amounts needed in milligrams if tablets are used in place of crystalline ascorbic acid:

| Crystalline            | Tablets          |
|------------------------|------------------|
| 1/8 teaspoon . . . . . | 375 milligrams   |
| 1/4 teaspoon . . . . . | 750 milligrams   |
| 1/2 teaspoon . . . . . | 1,500 milligrams |
| 3/4 teaspoon . . . . . | 2,250 milligrams |
| 1 teaspoon . . . . .   | 3,000 milligrams |



To use, dissolve ascorbic acid in a little cold water. If using tablets, crush them so they will dissolve more easily.

*In sirup pack.*—Add the dissolved ascorbic acid to the cold sirup before using. Stir it in gently so you won't stir in air. Solutions of ascorbic acid should be made up as needed. Keep sirup in refrigerator until used.

*In sugar pack.*—Sprinkle the dissolved ascorbic acid over the fruit just before adding sugar.

*In unsweetened pack.*—Sprinkle the dissolved ascorbic acid over the fruit and mix thoroughly just before packing. If fruit is packed in water, dissolve the ascorbic acid in the water.

*In fruit juices.*—Add ascorbic acid directly to the juice. Stir only enough to dissolve the ascorbic acid.

*In crushed fruits and fruit purees.*—Add dissolved ascorbic acid to the fruit preparation and mix.

**Ascorbic acid mixtures.**—There are on the market special antidarkening preparations. These are usually made of ascorbic acid mixed with sugar or with sugar and citric acid. If you use one of these, follow the manufacturer's directions. In these mixtures, ascorbic acid is usually the important active ingredient. Because of its dilution with other materials, ascorbic acid purchased in these forms may be more expensive than the pure ascorbic acid.

**Citric acid, lemon juice.**—For a few fruits citric acid or lemon juice (which contains both citric acid and ascorbic acid) makes a suitable antidarkening agent. However, neither is as effective as ascorbic acid. Citric acid or lemon juice in the large quantities needed in some cases would mask the natural fruit flavors or make the fruits too sour.

Citric acid in crystalline or powdered form is available at drugstores. When using citric acid, dissolve it in a little cold water before adding to the fruit according to directions for that fruit.

## TABLE OF FRUIT YIELDS

This table will help you figure how much frozen fruit you can get from a given quantity of fresh fruit. It will also help in making cost comparisons.

The number of pints of frozen food you can get depends upon the quantity, variety, maturity, and size of the fruit—whether it is frozen whole or in halves, in slices, in cubes, or in balls. Yields given are approximate.

### table of fruit yields

| FRUIT                   | FRESH            | FROZEN       |
|-------------------------|------------------|--------------|
| Apples                  | 1 bu. (48 lb.)   | 32 to 40 pt. |
| Berries <sup>1</sup>    | 1 crate (16 qt.) | 20 to 24 pt. |
| Cherries, sweet or sour | 1 bu. (56 lb.)   | 36 to 44 pt. |
| Cranberries             | 1 box (25 lb.)   | 50 pt.       |
| Melons                  | 1 dozen (28 lb.) | 22 pt.       |
| Peaches                 | 1 bu. (48 lb.)   | 32 to 48 pt. |
| Pears                   | 1 bu. (50 lb.)   | 40 to 50 pt. |
| Plums                   | 1 bu. (56 lb.)   | 38 to 56 pt. |
| Raspberries             | 1 crate (24 pt.) | 24 pt.       |
| Rhubarb                 | 15 lb.           | 15 to 22 pt. |
| Strawberries            | 1 crate (16 qt.) | 24 to 28 pt. |



<sup>1</sup>Includes blackberries, blueberries, boysenberries, dewberries, elderberries, gooseberries, huckleberries, loganberries, and youngberries.

# STRAWBERRIES packed in sugar

Strawberries, sliced and sweetened with dry sugar, are the pride of the freezer. Follow the general steps shown here for other fruits packed in sugar. The container illustrated is a pint plastic box, but other types of containers may also be used. Freezing jars are excellent containers.



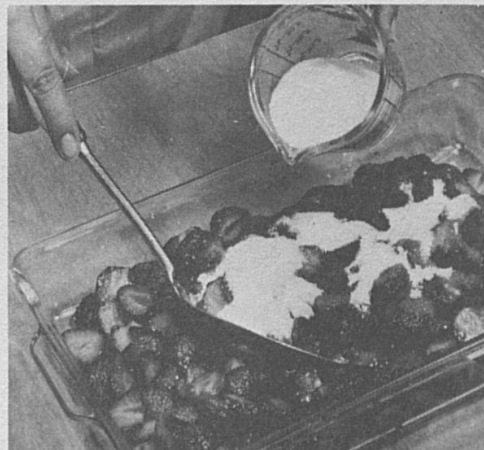
**1.** Select firm, ripe strawberries. About 2/3 quart fresh berries are needed for each pint frozen.



**2.** Wash berries a few at a time in cold water. Lift berries gently out of water and drain.



**3.** Remove caps; then slice berries into a bowl or shallow pan.



**4.** Sprinkle sugar over the sliced berries—3/4 cup to each quart (1 1/3 pounds) of berries. Turn berries over and over until sugar is dissolved and juice is formed.



**5.** Pack berries in container, leaving 1/2-inch head space in the wide-mouth pint box. Place a small piece of crumpled waxed paper on top of berries. Press berries down into juice.

*\*See page 25 for further instructions on different types of packs for strawberries.*



6. Press lid on firmly to seal. Be sure the seal is watertight. Use low-temperature tape to assure a tight seal. Label with name of fruit and date of freezing. Place in quick-freeze section until hard-frozen. Store at 0° F. or below.



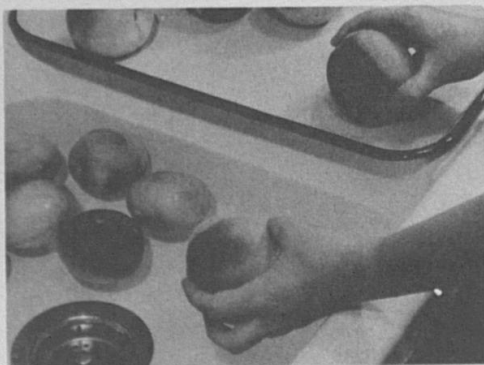
## PEACHES packed in sirup

Peaches packed in either sirup or sugar make an excellent frozen product. Sliced peaches are shown being packed in sirup. A pint glass freezer jar is used here, but other sizes and types of containers are also suitable.

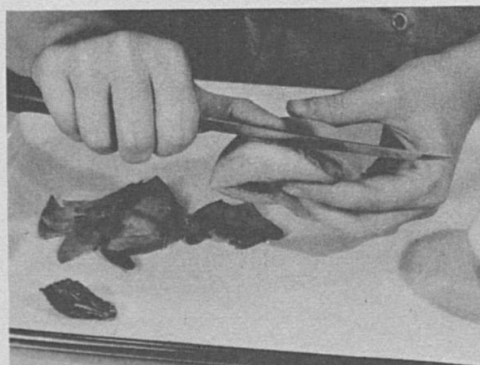
**Follow these general directions for packing other fruits in sirup. Vary the sirup as called for in the directions for each fruit.**

Make up sirup ahead of time so it will be ready and cold when you need it. Peaches are best packed in a 40-percent sirup, using 3 cups of sugar to 4 cups of water. This amount makes about 5 1/2 cups of sirup. You need about 2/3 cup of sirup for each pint container of peaches.

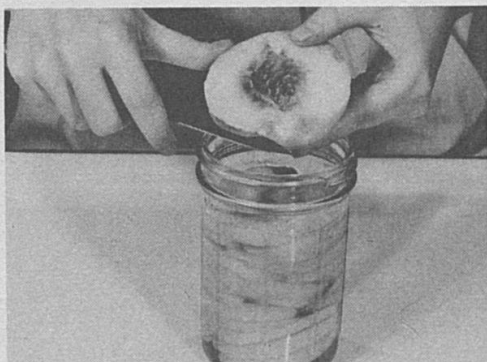
For frozen peaches with better color and flavor, add ascorbic acid to the cold sirup as described on pages 10 and 11. For peaches, use 1/2 teaspoon crystalline ascorbic acid to each quart of sirup.



1. Select mature peaches that are firm-ripe, with no green color in the skins. Allow 1 to 1 1/2 pounds fresh peaches for each pint to be frozen. Wash carefully and drain.



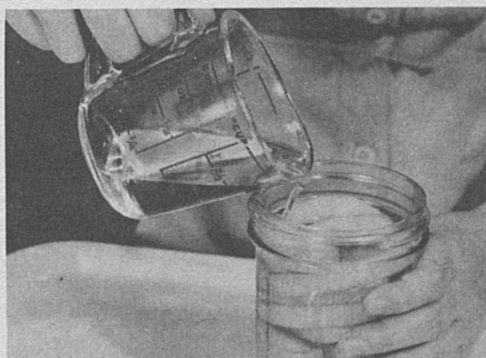
2. Pit peaches, and peel them by hand for the best-looking product. Peaches peel more quickly if they are dipped first in boiling water, then in cold water.



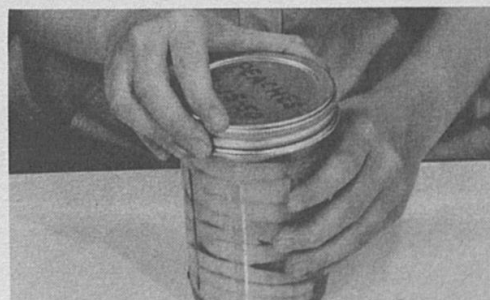
3. Pour about 1/2 cup cold sirup into each pint container. Slice peaches directly into container.



5. Put a small piece of crumpled waxed paper on top of fruit to keep peaches down in the sirup. Sirup should always cover fruit to keep top pieces from changing color and flavor.



4. Add sirup to cover peaches. Leave 1/2-inch head space at top of wide-mouth pint containers such as these to allow for expansion of the fruit during freezing.



6. Wipe all sealing edges clean for a good seal. Screw lid on tight. Label with name of fruit and date.

## freezing directions for other fruits

### APPLES sliced apples



Sirup pack is preferred for apples to be used for fruit cocktail or uncooked dessert. Apples packed in sugar or frozen unsweetened are good for pie making. For better quality, apple slices should be treated to prevent darkening.

Select full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel, and core. Slice medium apples into twelfths, large ones into sixteenths. Pack in one of the following ways:

**Sirup pack.**—Use 40-percent sirup. For a better-quality frozen product, add 1/2 teaspoon crystalline ascorbic acid to each quart of sirup. Slice apples directly into cold sirup in container, starting with 1/2 cup sirup to a pint container. Press fruit down in containers and add enough sirup to cover. Leave head space. Seal and freeze.

**Sugar pack.**—To prevent darkening of apples during preparation, slice them into a solution of 2 tablespoons salt to a gallon of water. Hold in this solution no more than 15 to 20 minutes. Drain. Over each quart of apple slices, sprinkle evenly 1/2 cup sugar and stir. Pack apples into containers and press fruit down, leaving head space. Seal and freeze.

**Unsweetened pack.**—Follow directions for sugar pack, omitting sugar.

## applesauce

Select full-flavored apples. Wash apples, peel if desired, core, and slice. To each quart of apple slices add 1/3 cup water; cook until tender. Cool and strain if necessary. Sweeten to taste with 1/4 to 3/4 cup sugar for each quart of sauce. Pack into containers, leaving head space. Seal and freeze.

## BLACKBERRIES



Boysenberries, Dewberries, Loganberries, Youngberries

### WHOLE

The sirup pack is preferred for berries to be served uncooked. The sugar pack or the unsweetened pack is satisfactory for berries to be used for cooked products such as pie or jam. Select firm, plump, fully-ripe berries with glossy skins. Green berries may cause off-flavor. Sort and remove any leaves and stems. Wash and drain. Use one of the three following packs:

**Sirup pack.**—Pack berries into containers and cover with cold 40- or 50-percent sirup, depending on the sweetness of the fruit. Leave head space. Seal and freeze.

**Sugar pack.**—To 1 quart berries, add 3/4 cup sugar. Turn berries over and over until most of the sugar is dissolved. Fill containers, leaving head space. Seal and freeze.

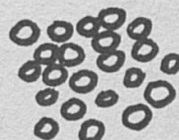


**Unsweetened pack.**—Pack berries into containers, leaving head space. Seal and freeze.

## CRUSHED or PUREE

Prepare for packing in the same way as for whole berries. Then crush. For puree, press through a sieve. Add 1 cup sugar to each quart of crushed berries or puree. Stir until sugar is dissolved. Pack into containers, leaving head space. Seal and freeze.

# BLUEBERRIES



Huckleberries, Elderberries

## WHOLE

The sirup pack is preferred for berries to be served uncooked. Berries frozen unsweetened are satisfactory for cooking.

Select full-flavored, ripe berries all about the same size, preferably with tender skins. Sort, wash, and drain. If desired, steam for 1 minute and cool immediately. Preheating in steam tenderizes skin and makes a better flavored product. Use one of the following packs:

**Sirup pack.**—Pack berries into containers and cover with cold 40-percent sirup. Leave head space. Seal and freeze.

**Unsweetened pack.**—Pack berries into containers, leaving head space. Seal and freeze.

## CRUSHED or PUREE

Select fully-ripened berries. Sort, wash, and drain. Crush, or press berries through a fine sieve for puree. To 1 quart crushed berries or puree, add 1 to 1 1/8 cups sugar, depending on tartness of fruit. Stir until sugar is dissolved. Pack into containers, leaving head space. Seal and freeze.

# CHERRIES SOUR



## WHOLE

Sirup pack is best for cherries to be served uncooked. Sugar pack is preferable for those to be used for pies or other cooked products. Select bright-red, tree-ripened, red-tart cherries. Stem, sort, and wash thoroughly.

Drain and pit. Use one of the following packs:

**Sirup pack.**—Pack cherries into containers and cover with cold 60- or 65-percent sirup, depending on tartness of the cherries. Leave head space. Seal and freeze.

**Sugar pack.**—To 1 quart cherries add 3/4 cup sugar. Mix until sugar is dissolved. Pack into containers, leaving head space. Seal and freeze.

## CRUSHED

Prepare for packing as for whole cherries. Crush coarsely. To 1 quart crushed fruit add 1 to 1 1/2 cups sugar, depending on sweetness desired. Mix thoroughly until sugar is dissolved. Pack into containers, leaving head space. Seal and freeze.

## PUREE

Select and prepare for packing same as for whole cherries. Then crush cherries, heat to boiling point, cool, and press through a sieve. Add 3/4 cup sugar to 1 quart puree. Pack puree into containers, leaving head space. Seal and freeze.

## JUICE

Select and prepare as for whole sour cherries. Then crush cherries, heat slightly to start flow of juice, and strain juice through a jelly bag. Cool, let stand overnight, and pour off clear juice for freezing. (Or juice may be packed as soon as it cools, then strained when it is thawed for serving.) Sweeten each quart of juice with 1 1/2 to 2 cups sugar, or pack without added sugar. Pour into containers, leaving head space. Seal and freeze.



**sweet**  
**WHOLE**

Sweet cherries should be prepared quickly to avoid color and flavor changes. Dark varieties are best for freezing. Select well-colored, tree-ripened fruit with a sweet flavor. Sort, stem, wash, and drain. (Remove pits, if desired—they tend to give an almond-like flavor to the fruit.) Pack cherries into containers. Cover with cold 40-percent sirup to which has been added 1/2 teaspoon crystalline ascorbic acid to the quart. Leave head space. Seal and freeze.

## COMBINED WITH SOUR CHERRIES

Use half sweet cherries, half sour. Pack as above, using 50-percent sirup. Ascorbic acid may be added, but is not essential as it is for sweet cherries alone.

## CRUSHED

Prepare cherries as for freezing whole. Remove pits and crush cherries coarsely. To each quart of crushed fruit add 1 1/2 cups sugar and 1/4 teaspoon crystalline ascorbic acid. Mix well. Pack into containers, leaving head space. Seal and freeze.

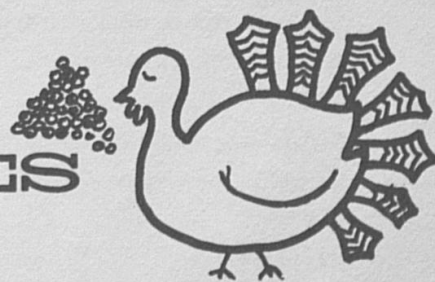
## JUICE

Frozen sweet-cherry juice may lack flavor and tartness. For a tastier product, add some sour-cherry juice—either before freezing or after thawing. Select well-colored, tree-ripened fruit. Sort, stem, wash, and drain. Remove pits and crush.

*For red cherries*, heat slightly (to 165° F) to start flow of juice. Do not boil. Extract juice in a jelly bag. *For white cherries*, extract juice without heating. Then warm juice (to 165° F) in a double boiler or over low heat.

Cool the juice, let stand overnight, and pour off clear juice for freezing. Or pack the juice as soon as it cools; then strain after thawing for serving. Sweeten with 1 cup sugar to each quart of juice, or pack without adding sugar. Pour into container, leaving head space. Seal and freeze.

# CRANBERRIES



## WHOLE

Choose firm, deep-red berries with glossy skins. Stem and sort. Wash and drain.

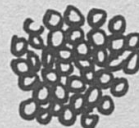
**Unsweetened pack.**—Pack into containers without sugar. Leave head space. Seal and freeze.

**Sirup pack.**—Pack into containers. Cover with cold 50-percent sirup. Leave head space. Seal and freeze.

## PUREE

Prepare cranberries as for freezing whole. Add 2 cups water to each quart of berries. Cook until skins have popped. Press through a sieve. Add sugar to taste—about 2 cups for each quart of puree. Pack into containers, leaving head space. Seal and freeze.

## GOOSEBERRIES



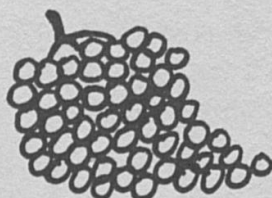
Whole gooseberries may be frozen with sirup or without sweetening. For use in pie or preserves, the unsweetened pack is better. Choose fully-ripe berries if freezing for pie. Choose berries a little under-ripe for jelly making. Sort, remove stems and blossom ends, and wash.

**Unsweetened pack.**—Pack into containers without sugar. Leave head space. Seal and freeze.

**Sirup pack.**—Pack into containers. Cover with 50-percent sirup. Leave head space. Seal and freeze.

## GRAPES

WHOLE or HALVES



Grapes are best frozen with sirup, but grapes to be used for juice or jelly can be frozen without sweetening. Select firm-ripe grapes with tender skins, full color and flavor. Wash and stem. Leave seedless grapes whole. Cut table grapes with seeds in half, and remove seeds.

**Unsweetened pack.**—Pack into containers without sweetening. Leave head space. Seal and freeze.

**Sirup pack.**—Pack into containers and cover with cold 40-percent sirup. Leave head space. Seal and freeze.

## PUREE

Grapes may be frozen as puree with sugar added. The puree may develop a gritty texture because of tartrate crystals, but these crystals disappear when puree is heated.

Wash, stem, and crush the grapes. Heat to boiling. Drain off free juice and freeze or can it separately. Cool the crushed grapes, and press them through a sieve. To 1 quart puree add 1/2 cup sugar. Pack into containers, leaving head space. Seal and freeze.

## JUICE

For beverages, select as for whole grapes. For jelly making, select as recommended in specific jelly recipe.

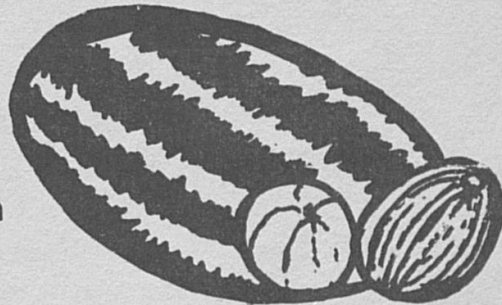
Wash, stem, and crush grapes. Strain them through a jelly bag. Let juice stand overnight in refrigerator or other cool place while sediment sinks to bottom. Pour off clear juice for freezing. Pour juice into containers, leaving head space. Seal and freeze. If tartrate crystals form in frozen juice, they may be removed by straining the juice after it thaws.

## MELONS

Cantaloupe, Honeydew, Watermelon

### SLICES, CUBES, or BALLS

Select firm-fleshed, well-colored, ripe melons. Cut in half, remove seeds, and peel. Cut melons into slices, cubes, or balls. Pack into containers and cover with cold 30-percent sirup. Leave head space. Seal and freeze.



## PEACHES

HALVES and SLICES



Peaches in halves and slices have better quality when packed in sirup or with sugar, but a water pack will serve if sweetening is not desired. Select firm, ripe peaches with no green color in the skins. Sort, wash, pit, and peel. Slice if desired.

**Sirup pack.**—See picture-directions on page 14.

**Sugar pack.**—To each quart of prepared fruit add  $\frac{2}{3}$  cup sugar and mix well. To retard darkening, sprinkle ascorbic acid dissolved in water over the peaches before adding sugar. (Use  $\frac{1}{4}$  teaspoon crystalline ascorbic acid in  $\frac{1}{4}$  cup cold water to each quart of fruit.) Pack into containers, leaving head space. Seal and freeze.

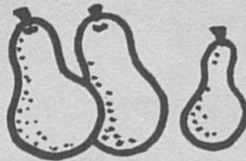
**Water pack.**—Pack peaches into containers and cover with cold water containing 1 teaspoon crystalline ascorbic acid to each quart of water. Leave head space. Seal and freeze.

## CRUSHED or PUREE

To loosen skins, dip peaches in boiling water for 1/2 to 1 minute. The riper the fruit, the less scalding needed. Cool in cold water, remove skins, and pit. Crush peaches coarsely. Or, for puree, press through a sieve, or heat pitted peaches 4 minutes in just enough water to prevent scorching and then press through a sieve.

With each quart of crushed or pureed peaches mix 1 cup sugar. For better quality, add 1/8 teaspoon crystalline ascorbic acid to each quart of fruit. Pack into containers, leaving head space. Seal and freeze.

## PEARS HALVES or QUARTERS



Select pears that are well-ripened and firm, but not hard. Wash fruit in cold water. Peel, cut in halves or quarters, and remove cores. Heat pears in boiling 40-percent sirup for 1 to 2 minutes, depending on size of pieces. Drain and cool.

Pack pears into containers and cover with cold 40-percent sirup. For a better product, add 3/4 teaspoon crystalline ascorbic acid to a quart of cold sirup. Leave head space and freeze.

## PUREE

Select well-ripened pears, firm but not hard or gritty. Peel or not as desired, but do not dip in boiling water to remove skins. Prepare and pack as for peach puree.

## PLUMS WHOLE, HALVES, or QUARTERS



Frozen plums are very good for use in pies and jams, or in salads and desserts. The unsweetened pack is preferred for plums to be used for jams. Choose firm, tree-ripened fruit of deep color. Sort and wash. Leave whole or cut in halves or quarters. Pack in one of the following ways:

**Unsweetened pack.**—Pack whole fruit into containers, leaving head space. Seal and freeze. *To serve uncooked*, dip frozen fruit in cold water for 5 to 10 seconds, remove skins, and cover with 40-percent sirup to thaw.

**Sirup pack.**—Pack cut fruit into containers. Cover fruit with cold 40- or 50-percent sirup, depending on tartness of fruit. For improved quality, add 1/2 teaspoon crystalline ascorbic acid to a quart of sirup. Leave head space. Seal and freeze.

## PUREE

Select fully-ripe fruit. Wash, cut in halves, and remove pits. Puree may be prepared from unheated or heated fruit, depending on softness of fruit.

*To prepare puree from unheated fruit*, press raw fruit through a sieve. For better quality, add either 1/4 teaspoon crystalline ascorbic acid or 1/2 teaspoon crystalline citric acid to each quart of puree. *To prepare puree from heated fruit*, add 1 cup water for each 4 quarts of fruit. Bring to boil, cook 2 minutes, cool, and press through a sieve.

With each quart of puree, mix 1/2 to 1 cup sugar, depending on tartness of fruit. Pack into containers, leaving head space. Seal and freeze.

## JUICE

For juice to be served in beverages, select plums as for puree. For juice to be used for jelly making, select as recommended in specific jelly recipe. Wash plums, then simmer until soft in enough water to barely cover. Strain through a jelly bag. Cool. If desired, sweeten with 1 to 2 cups sugar for each quart of juice, depending on tartness of fruit. Pour into containers, leaving head space. Seal and freeze.

# RASPBERRIES



## WHOLE

Raspberries may be frozen in sugar or sirup, or unsweetened. Seedy berries are best for use in making purees or juice. Select fully-ripe, juicy berries. Sort, wash carefully in cold water, and drain thoroughly.

**Sugar pack.**—To 1 quart berries add 3/4 cup sugar and mix carefully to avoid crushing. Put into containers, leaving head space. Seal and freeze.

**Sirup pack.**—Put berries into containers and cover with cold 40-percent sirup, leaving head space. Seal and freeze.

**Unsweetened pack.**—Put berries into containers, leaving head space. Seal and freeze.

## CRUSHED or PUREE

Prepare as for whole raspberries. Then crush, or press through a sieve for puree. To 1 quart crushed berries or puree add  $\frac{3}{4}$  to 1 cup sugar, depending on sweetness of fruit. Mix until sugar is dissolved. Put into containers, leaving head space. Seal and freeze.

## JUICE

For beverage use, select as for whole raspberries. For jelly making, select as recommended in specific jelly recipe. Crush and heat berries slightly to start flow of juice. Strain in a jelly bag to extract juice. Sweeten with  $\frac{1}{2}$  to 1 cup sugar for each quart of juice if desired. Pour into containers, leaving head space. Seal and freeze.

# RHUBARB



## PIECES

Choose firm, tender, well-colored stalks with good flavor and few fibers. Wash, trim, and cut into 1- or 2-inch pieces, or in lengths to fit the package. Heating rhubarb in boiling water for 1 minute and cooling promptly in cold water helps retain color and flavor.

**Unsweetened pack.**—Pack either raw or preheated rhubarb tightly into containers without sugar. Leave head space. Seal and freeze.

**Sirup pack.**—Pack either raw or preheated rhubarb tightly into containers, cover with cold 40-percent sirup. Leave head space. Seal and freeze.

## PUREE

Prepare rhubarb as for rhubarb stalks or pieces. Add 1 cup water to  $\frac{1}{2}$  quarts rhubarb and boil 2 minutes. Cool and press through a sieve. Mix  $\frac{2}{3}$  cup sugar with 1 quart puree. Pack into containers, leaving head space. Seal and freeze.

## JUICE

Select as for rhubarb stalks or pieces. Wash, trim, and cut into pieces 4 to 6 inches long. Add 1 quart water to 4 quarts rhubarb, and bring just to a boil. Press hot fruit in jelly bag to extract juice. Cool. Sweeten, if desired, using  $\frac{1}{2}$  cup sugar to a quart of juice. Pour into containers, leaving head space. Seal and freeze.



# STRAWBERRIES



## WHOLE

Choose firm, ripe, red berries, preferably with a slightly tart flavor. Large berries are better sliced or crushed. Sort berries, wash them in cold water, drain well, and remove caps. Sugar and sirup packs make better-quality frozen strawberries than berries packed without sweetening.

**Sirup pack.**—Put berries into containers and cover with cold 50-percent sirup, leaving head space. Seal and freeze.

**Sugar pack.**—Add  $\frac{3}{4}$  cup sugar to 1 quart strawberries and mix thoroughly. Put into containers, leaving head space. Seal and freeze.

**Unsweetened pack.**—Pack into containers, leaving head space. For better color, cover with water containing 1 teaspoon crystalline ascorbic acid to each quart of water. Seal and freeze.

## SLICED or CRUSHED

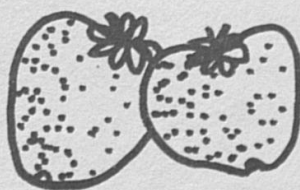
Prepare for packing as for whole strawberries; then slice, or crush partially or completely. Add  $\frac{3}{4}$  cup sugar to 1 quart berries and mix thoroughly. Pack into containers, leaving head space. Seal and freeze.

## PUREE

Prepare strawberries as for freezing whole. Then press berries through a sieve. Add  $\frac{2}{3}$  cup sugar to 1 quart puree, and mix well. Put into containers, leaving head space. Seal and freeze.

## JUICE

Choose fully-ripe berries. Sort and wash them in cold water. Drain well and remove caps. Crush berries and strain juice through a jelly bag. Sweeten with  $\frac{2}{3}$  to 1 cup sugar to each quart of juice, or leave unsweetened. Pour into containers, leaving head space. Seal and freeze.





# freezing vegetables

Fresh, tender vegetables right from the garden are best for freezing. The fresher the vegetables when frozen, the more satisfactory will be your product. Vegetables should be harvested at peak of maturity, and not allowed to become over-mature.

## general instructions

### WASHING and SORTING

Washing is the first step in the preparation of most vegetables for freezing. Wash them thoroughly in cold water. *Lift* them out of the water, because grit settles to the bottom of the pan. Sort vegetables according to size for heating and packing, unless they are to be cut into pieces of uniform size.

### HEATING BEFORE PACKING

An important step in preparing vegetables for freezing is heating ("blanching") them before packing. Practically every vegetable, except green pepper, maintains better quality in frozen storage if heated before packing.

Heating vegetables before freezing slows or stops the action of enzymes. Until vegetables are ready to pick, enzymes help them grow and mature. After that, enzymes cause loss of flavor and color. If vegetables are not heated enough, the enzymes continue to be active during frozen storage. Then the vegetables may develop off-flavors, discolor, or toughen so that they may be unappetizing in a few weeks. They will also lose nutritional value.

Heating also wilts or softens vegetables and makes them easier to pack. Heating time varies with the vegetable and size of pieces.

**To heat in boiling water.**—For home freezing, the most satisfactory way to blanch practically all vegetables is in boiling water. Use a blancher, which has a blanching basket and cover. Or fit a wire basket into a large kettle, and add the cover.

Use at least 1 gallon of boiling water for each pound of prepared vegetable. Put vegetables in blanching basket or wire basket and lower into the boiling water. A wire cover for the basket can be used to keep the vegetables down in the boiling water. Put lid on blancher or kettle and start counting time immediately. Keep heat high for time given in directions for the vegetable you are freezing.

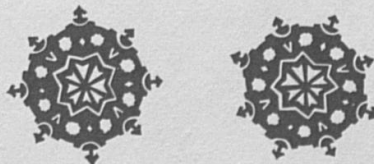
**To heat in steam.**—Heating in steam is recommended for a few vegetables. Steaming and boiling are both satisfactory methods for broccoli, pumpkin, sweetpotatoes, and winter squash.

To steam, use a kettle with a tight lid and a rack that holds a steaming basket at least 3 inches above the bottom of the kettle. Put an inch or two of water in the kettle and bring the water to a boil. Put vegetables in the basket in a single layer so that steam reaches all parts quickly. Cover the kettle and keep heat high. Start counting steaming time as soon as lid is on.

## COOLING

After vegetables are heated, they should be cooled quickly and thoroughly to stop the cooking. Plunge the basket of vegetables immediately into a large quantity of cold water, 60° F or below. Change water frequently, or use cold running water or ice water. If ice is used, you'll need about 1 pound of ice for each pound of vegetable.

It will take about as long to cool the food as it does to heat it. When the vegetable is cool, remove it from the water and drain thoroughly.



## TABLE OF VEGETABLE YIELDS

The number of pints of frozen vegetables you get from a given quantity of fresh vegetables depends on the quality, condition, maturity, and variety—and on the way the vegetable is trimmed and cut. Yields given in the table on the following page are approximate.

## table of vegetable yields

| VEGETABLE              | FRESH                      | FROZEN       |
|------------------------|----------------------------|--------------|
| Asparagus              | 1 crate (12 2-lb. bunches) | 15 to 22 pt. |
| Beans, lima (in pods)  | 1 bu. (32 lb.)             | 12 to 16 pt. |
| Beans, green, and wax  | 1 bu. (30 lb.)             | 30 to 45 pt. |
| Beet greens            | 15 lb.                     | 10 to 15 pt. |
| Beets (without tops)   | 1 bu. (52 lb.)             | 35 to 42 pt. |
| Broccoli               | 1 crate (25 lb.)           | 24 pt.       |
| Brussels sprouts       | 4 quart boxes              | 6 pt.        |
| Carrots (without tops) | 1 bu. (50 lb.)             | 32 to 40 pt. |
| Cauliflower            | 2 medium heads             | 3 pt.        |
| Chard                  | 1 bu. (12 lb.)             | 8 to 12 pt.  |
| Collards               | 1 bu. (12 lb.)             | 8 to 12 pt.  |
| Corn, sweet (in husks) | 1 bu. (35 lb.)             | 14 to 17 pt. |
| Kale                   | 1 bu. (18 lb.)             | 12 to 18 pt. |
| Mustard greens         | 1 bu. (12 lb.)             | 8 to 12 pt.  |
| Peas                   | 1 bu. (30 lb.)             | 12 to 15 pt. |
| Peppers, green         | 2/3 lb. (3 peppers)        | 1 pt.        |
| Pumpkin                | 3 lb.                      | 2 pt.        |
| Spinach                | 1 bu. (18 lb.)             | 12 to 18 pt. |
| Squash, summer         | 1 bu. (40 lb.)             | 32 to 40 pt. |
| Squash, winter         | 3 lb.                      | 2 pt.        |
| Sweetpotatoes          | 2/3 lb.                    | 1 pt.        |

# freezing GREEN BEANS

Other vegetables may be frozen in much the same way as green beans. Beans are heated in boiling water before they are frozen. This is the most satisfactory blanching method for nearly all vegetables.



**1.** Select young, tender, stringless beans that snap when broken. Allow 2/3 to 1 pound of fresh beans for 1 pint frozen. Wash thoroughly.



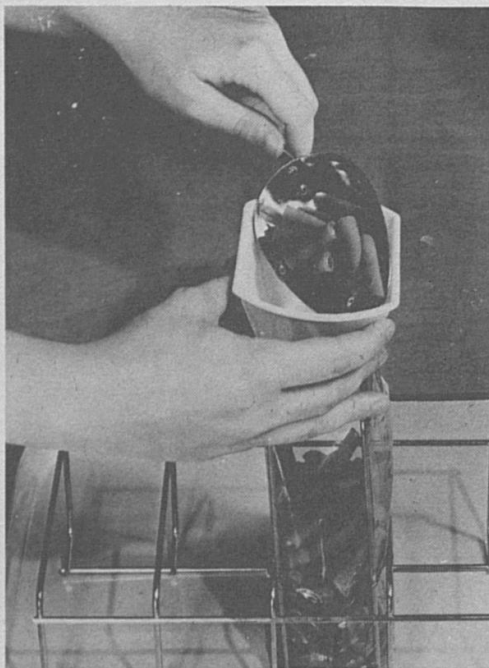
**2.** Remove and discard ends, then cut beans into 1- or 2-inch pieces, or slice them lengthwise for Frenched (Julienne-style) beans.



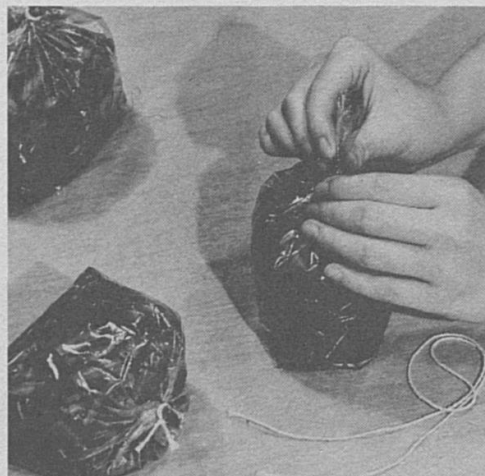
**3.** Put beans in blanching basket, lower basket into boiling water, and cover. Heat for 3 minutes (2 minutes for French-style). Keep heat high under water.



**4.** Plunge basket of beans into cold water to stop the cooking. It takes about as long to cool vegetables as to heat them. When cool, remove beans from water; drain.



5. Pack beans into bags or other containers. A stand to hold the bags makes filling easier. Funnel helps keep sealing edges clean.



6. Leave 1/2-inch head space and seal by twisting and folding back top of bag and tying with a twist tie. Freeze beans at once. Store at 0° F. or below. If the bags used are of materials that become brittle at low temperatures, they need an outside carton for extra protection.

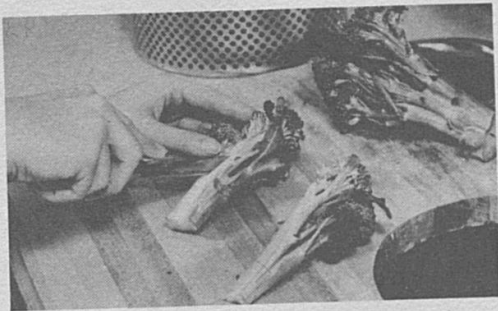


## freezing BROCCOLI

Broccoli, like all vegetables, is best frozen as soon as possible after it is picked. Allow about 1 pound fresh broccoli for each pint frozen. Because broccoli packs loosely, no head space need be allowed. Containers other than those shown here also may be used for packing.



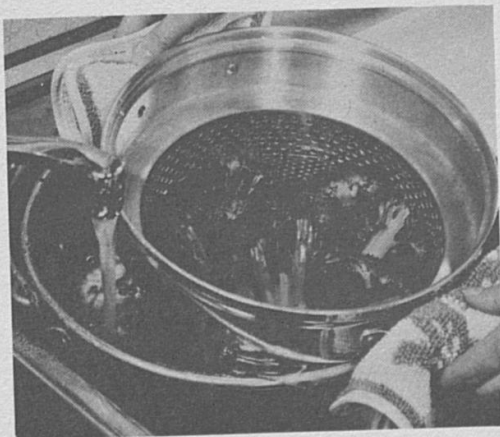
1. Select tight, compact, dark-green heads with tender stalks free from woodiness. Trim off large leaves and tough parts of stems and wash thoroughly. If necessary, soak stalks for 1/2 hour in salt water (made of 4 teaspoons salt to each gallon of water) to remove insects.



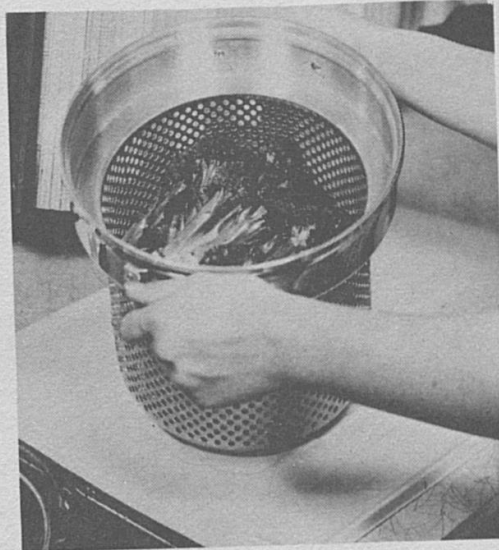
**2.** Cut broccoli lengthwise into uniform pieces, leaving heads about 1 1/2 inches across. This insures uniform heating and makes attractive pieces for serving.



**3.** Steam pieces by placing them in blanching basket over rapidly-boiling water. Cover kettle, keep heat high, and steam for 5 minutes. Or heat pieces in boiling water 3 minutes, as is shown for snap beans.



**4.** Remove basket from boiling water. Cool broccoli by plunging basket into cold water.



**5.** Lift basket from cold water as soon as broccoli is cool and let drain a few minutes.



**6.** Pack broccoli so some heads are at each end of the container—to get more broccoli in the package. No head space is needed. Press lid on firmly to seal. Freeze at once. Store at 0° F. or below.

# freezing directions for other vegetables

## ASPARAGUS



Select young, tender stalks with compact tips. Sort according to thickness of stalk. Wash asparagus thoroughly and cut or break off and discard tough parts of stalks. Leave spears in lengths to fit the package, or cut in 2-inch lengths. Heat stalks in boiling water according to thickness of stalk:

|                         |           |
|-------------------------|-----------|
| Small stalks . . . . .  | 2 minutes |
| Medium stalks . . . . . | 3 minutes |
| Large stalks . . . . .  | 4 minutes |

Cool promptly in cold water and drain. Pack into containers, leaving no head space. When packing spears, alternate tips and stem ends. In containers that are wider at the top than bottom, pack asparagus with tips down. Seal and freeze.

## BEANS



## green beans, wax beans

See picture-directions on page 29.

## lima beans



Select well-filled pods. Beans should be green, but not starchy or mealy. Shell and sort according to size. Heat in boiling water:

|                        |           |
|------------------------|-----------|
| Small beans . . . . .  | 2 minutes |
| Medium beans . . . . . | 3 minutes |
| Large beans . . . . .  | 4 minutes |

Cool promptly in cold water and drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.



## BEETS



Select young or mature beets not more than 3 inches across. Wash and sort according to size. Trim off tops.

Cook in boiling water until tender—for small beets, 25 to 30 minutes; for medium-size beets, 45 to 50 minutes. Cool promptly in cold water. Peel and cut into slices or cubes. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## BROCCOLI



See picture-directions on page 30.



## BRUSSELS SPROUTS

Select green, firm, and compact heads. Examine heads carefully to make sure they are free from insects. Trim, removing coarse outer leaves. Wash thoroughly. Sort into small, medium, and large sizes. Heat in boiling water:

|                        |           |
|------------------------|-----------|
| Small heads . . . . .  | 3 minutes |
| Medium heads . . . . . | 4 minutes |
| Large heads . . . . .  | 5 minutes |

Cool promptly in cold water and drain. Pack into containers, leaving no head space. Seal and freeze.

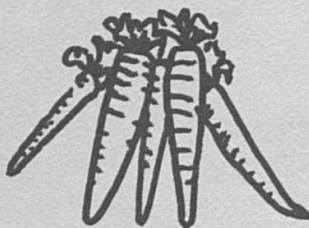
## CABBAGE or CHINESE CABBAGE



Frozen cabbage or chinese cabbage is suitable for use only as a cooked vegetable. Select freshly-picked, solid heads. Trim coarse outer leaves from head. Cut into medium-to-coarse shreds or thin wedges, or separate head into leaves. Heat in boiling water 1 1/2 minutes.

Cool promptly in cold water and drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## CARROTS

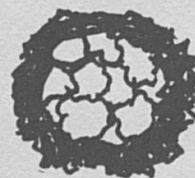


Select tender, mild-flavored carrots. Remove tops, wash, and peel. Leave small carrots whole. Cut others into 1/4-inch cubes, thin slices, or lengthwise strips. Heat in boiling water:

|                                |           |
|--------------------------------|-----------|
| Whole carrots, small . . . . . | 5 minutes |
| Diced or slices . . . . .      | 2 minutes |
| Lengthwise strips . . . . .    | 2 minutes |

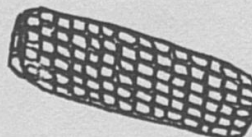
Cool promptly in cold water and drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## CAULIFLOWER



Choose firm, tender, snow-white heads. Break or cut into pieces about 1 inch across. Wash well. If necessary to remove insects, soak for 30 minutes in a solution of salt and water. Use 4 teaspoons salt to each gallon of water. Drain. Heat for 3 minutes in boiling water containing 4 teaspoons salt to a gallon. Cool promptly in cold water and drain. Pack cauliflower into containers, leaving no head space. Seal and freeze.

## CORN, sweet



### WHOLE-KERNEL and CREAM-STYLE

Select ears with plump, tender kernels and thin, sweet milk. If milk is thick and starchy, it is better to freeze corn as cream-style.

Husk ears, remove silk, and wash the corn. Heat ears in boiling water for 4 minutes. Cool promptly in cold water and drain. *For whole-kernel corn*, cut kernels from cob at about two-thirds the depth of the kernels. *For cream-style corn*, cut corn from the cob at about the center of the kernels. Then scrape the cobs with the back of the knife to remove the juice and the heart of the kernel.

Pack corn into containers, leaving 1/2-inch head space. Seal and freeze.

## ON-THE-COB

Select ears the same as for whole-kernel sweet corn. Husk, remove silk, wash, and sort ears according to size. Heat in boiling water:

|                                     |            |
|-------------------------------------|------------|
| Small ears . . . . .                | 7 minutes  |
| (1 1/4 inches or less in diameter)  |            |
| Medium ears . . . . .               | 9 minutes  |
| (1 1/4 to 1 1/2 inches in diameter) |            |
| Large ears . . . . .                | 11 minutes |
| (over 1 1/2 inches in diameter)     |            |

Cool promptly in cold water and drain. Pack ears into containers, or wrap in moisture-vapor-proof material. Seal and freeze.

## GREENS



Beet greens, Chard, Collards, Kale, Mustard greens, Spinach, Turnip greens

Select young, tender leaves. Wash well. Remove tough stems and imperfect leaves. Cut leaves of chard into pieces as desired. Heat in boiling water for the following periods:

|  |               |
|--|---------------|
| Beet, mustard and turnip greens; kale, chard . . . . . | 2 minutes     |
| Collards . . . . .                                     | 3 minutes     |
| Spinach (very tender leaves) . . . . .                 | 1 1/2 minutes |

Cool promptly in cold water and drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## OKRA



Select young, tender, green pods. Wash thoroughly. Cut off stems in such a way as not to cut open seed cells. Heat in boiling water—small pods, 3 minutes; large pods, 4 minutes.

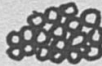
Cool promptly in cold water and drain. Leave whole or slice crosswise. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## PARSNIPS



Choose small to medium-size parsnips that are tender and free from woodiness. Remove tops, wash, peel, and cut into slices 1/4-inch thick. Heat in boiling water 2 minutes. Cool promptly in cold water; drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## PEAS, green



Choose bright-green, plump, firm pods with sweet, tender peas. *Do not use immature or tough peas.* Shell peas. Heat in boiling water 1 1/2 minutes. Cool promptly in cold water and drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## PEPPERS



Peppers frozen without heating are best for use in uncooked foods. Heated peppers are easier to pack and good for use in cooking.

### green peppers

Select firm, crisp, thick-walled peppers. Wash, cut out stems, cut in half, and remove seeds. If desired, cut into 1/2-inch strips or rings. Heat in boiling water, if desired—halves, 3 minutes; slices or rings, 2 minutes.

Cool promptly in cold water and drain. *If peppers have not been heated, pack into containers, leaving no head space. If peppers have been heated, leave 1/2-inch head space.* Seal and freeze.

### hot peppers

Wash and stem peppers. Pack into small containers, leaving no head space. Seal and freeze.



## PUMPKIN

Select full-colored, mature pumpkin with texture that is fine, rather than coarse and stringy. Wash, cut into quarters or smaller pieces, and remove seeds. Cook pieces until soft in boiling water, in steam, in a pressure cooker, or in the oven.

Remove pulp from rind and mash it, or press it through a sieve. To cool, place pan containing pumpkin in cold water. Stir occasionally. Pack into containers, leaving 1/2-inch head space. Seal and freeze.



## RUTABAGAS

Select young, tender, medium-size rutabagas with no tough fibers. Cut off tops, wash, and peel.

### CUBED

Cut into 1/2-inch cubes. Heat in boiling water for 2 minutes. Cool promptly in cold water; drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

### MASHED

Cut rutabagas in pieces. Cook until tender in boiling water and drain. Mash or press through a sieve. To cool, place pan containing rutabagas in cold water. Stir occasionally. Pack into containers, leaving 1/2-inch head space. Seal and freeze.



## SQUASH

### summer squash

Select young squash with small seeds and tender rind. Wash, cut into 1/2-inch slices. Heat in boiling water for 3 minutes. Cool squash promptly in cold water and drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

### winter squash

Select firm, mature squash. Wash, cut into pieces, and remove seeds. Cook pieces until soft in boiling water, in steam, in a pressure cooker, or in the oven. Remove pulp from rind and mash or press through a sieve. To cool, place pan containing squash in cold water and stir squash occasionally. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## SWEET POTATOES

### WHOLE, SLICED or MASHED



Choose medium-to-large mature sweetpotatoes that have been cured. Sort according to size, and wash. Cook until almost tender in water, in

steam, in a pressure cooker, or in the oven. Let stand at room temperature until cool. Peel sweetpotatoes; cut in halves, slice, or mash.

If desired, to prevent darkening, dip whole sweetpotatoes or slices for 5 seconds in a solution of 1 tablespoon citric acid or 1/2 cup lemon juice to 1 quart water. To keep mashed sweetpotatoes from darkening, mix 2 tablespoons orange or lemon juice with each quart of mashed sweetpotatoes.

Pack into containers, leaving 1/2-inch head space. Seal and freeze.

## FOR VARIETY

Roll cooked sweetpotato slices in sugar. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

Or pack whole or sliced cooked sweetpotatoes in containers, cover with cold sirup (made of equal parts by measure of sugar and water). Leave 1-inch head space. Seal and freeze.

## TOMATOES JUICE



Wash, sort, and trim firm, vine-ripened tomatoes. Cut in quarters or eighths. Simmer 5 to 10 minutes. Press through a sieve. If desired, season with 1 teaspoon salt to each quart of juice. Pour into containers, leaving 1 inch head space. Seal and freeze.

## TOMATO SECTIONS

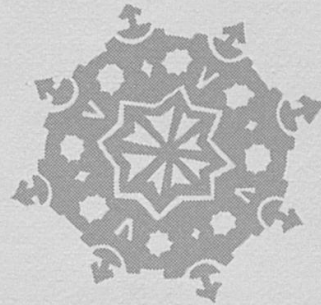
Tomatoes may also be frozen without heating. Cut into quarters or eighths, pack in containers. Press down with a wooden spoon to make enough juice to cover. Leave 1-inch head space. Seal and freeze. Use as you would canned tomatoes.

## TURNIPS



Select small- to medium-size, firm turnips that are tender and have a mild flavor. Wash, peel, and cut into 1/2-inch cubes. Heat in boiling water for 2 minutes. Cool promptly in cold water and drain. Pack into containers, leaving 1/2-inch head space. Seal and freeze.

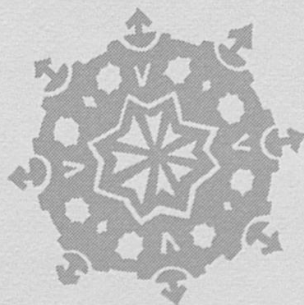
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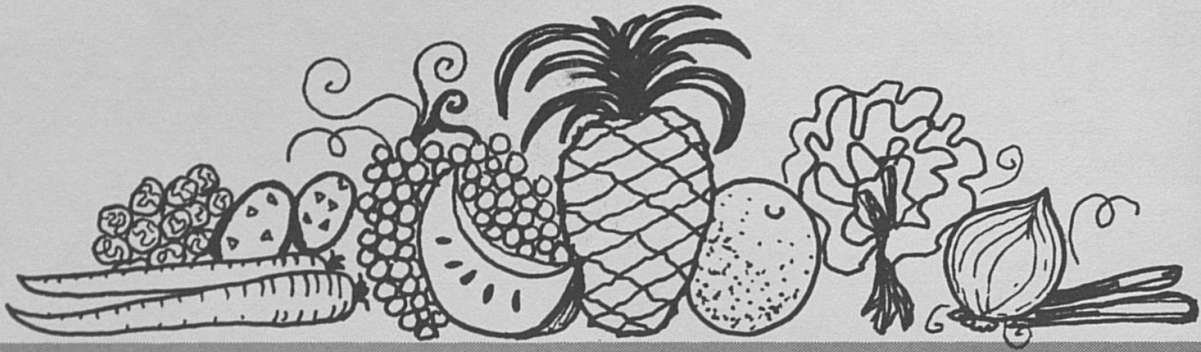
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