

FREEZER FRIENDLY FRUITS AND VEGETABLES

TIPS: When freezing fruit you may be concerned that it will darken. This can be avoided by adding ascorbic acid (vitamin C) in simple syrup that is added to the fruit prior to freezing.

Most vegetables will require you to blanch them for about 5 minutes and then dip them into ice water to stop the cooking process before they can be frozen.

Apples
Apricots
Bananas
Berries of all kinds
Cherries
Coconut
Cranberries
Citrus
Grapes
Nectarines
Peaches
Pears
Pineapple
Plums
Raspberries
Rhubarb
Strawberries

Fruits that don't freeze well include watermelon and citrus fruit sections. While you may find these fruits frozen, you will notice the texture is totally different when thawed.

Asparagus
Beans – most varieties
Beets
Broccoli
Cabbage (only use for cooking)
Carrots
Cauliflower
Celery
Corn
Eggplant
Greens (Kale, mustard and turnip)
Okra
Parsnips
Peas (black-eyed and green)
Pumpkin
Sweet potatoes
Rutabagas and turnips
Summer squash
Tomatoes (stewed, only use for cooking)

Vegetables you don't want to freeze include lettuce, cabbage, cucumbers, endive, parsley and radishes.