



# Easy Ways to ... Freeze Fruit and Vegetables

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

# Storing Fruits and Vegetables

## Keep them **FRESH!**

Store these in a dark, dry place:

Hidden from heat and light, these foods can stay fresh for 1-3 months!

- Potatoes
- Garlic
- Sweet potatoes
- Winter squash
- Onions



Let these ripen on the counter;  
then, eat or move to the refrigerator:

Food can be kept fresh in the refrigerator for 3-10 days!



- Apples
- Cherries
- Grapes
- Melons
- Plums
- Peaches
- Pears
- Tomatoes



Store these items in the refrigerator:

Whole, uncut fruits and vegetables can stay fresh uncovered\* 3-14 days!

- Asparagus\*
- Berries (all types)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery\*
- Chile peppers
- Corn
- Cucumbers
- Eggplant
- Green onions
- Green beans
- Herbs\*
- Leafy greens\*
- Leeks
- Mushrooms (keep in paper bag)
- Okra (keep in paper bag)
- Peas
- Peppers
- Radishes
- Summer squash
- Zucchini



\*keep these items in a sealed plastic bag until ready to use.

