Easy Ways to ...
Freeze Fruit and Vegetables

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<th>Freeze</th>
<th>Blanch (quick boil)</th>
<th>Cook</th>
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<tr>
<td>Put these in the freezer right away</td>
<td>Blanch these before freezing</td>
<td>Cook these before freezing</td>
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- Berries
- Cherries*
- Corn (cut off the cob)
- Grapes
- Peaches*
- Plums*
- Peeled melon
- Winter squash

* remove pits

- Artichokes
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Eggplant
- Green beans
- Leafy greens
- Okra
- Onions
- Parsnips
- Peppers
- Summer squash
- Zucchini

- Apples
- Beets
- Beans and legumes
- Potatoes
- Sweet potatoes
- Tomatoes
- Pumpkin
- Radishes
- Winter squash

Freezing Tips
- 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.

Blanching Steps
- 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.

Ways to Cook
- Bake or roast
- Sauté
- Boil
- Steam
- Poach

This material was funded by United States Department of Agriculture’s (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to mybenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.
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.