

HYG-5349

Food Preservation: Freezing Fruits

Table 2. How To Prepare Fruits for Freezing

Fruits	Preparation
Apples	Wash, peel, core, and slice.
	Syrup pack: Use cold 40% syrup; add ½ teaspoon (1,500 mg) ascorbic acid per quart of syrup. Slice apples into syrup in container, seal, and freeze.
	Sugar pack: To prevent darkening, dissolve ½ teaspoon ascorbic acid in 3 tablespoons water and sprinkle over fruit. Another option is to steam blanch 1½–2 minutes. Mix ½ cup sugar to 4 cups fruit. Pack, seal, and freeze.
	Dry or tray pack: Treat with ½ teaspoon ascorbic acid in 3 tablespoons water to prevent browning.
Applesauce	Wash, peel if desired, core, and slice. Add ⅓ cup water to each quart of slices. Cook until tender. Cool and strain. Sweeten to taste with ¼–¾ cup sugar per quart of sauce. Pack into containers.
Apricots	Wash, halve, and pit. Peel and slice if desired. If not peeled, heat in boiling water for 30 seconds to keep skins from toughening during freezing. Cool in cold water and drain.
	Syrup pack: Use cold 40% syrup and add ¾ teaspoon (2,250 mg) ascorbic acid per quart of syrup. Seal and freeze.
	Sugar pack: Pretreat fruit by dissolving ¼ teaspoon (750 mg) ascorbic acid in 3 tablespoons cold water; sprinkle over 4 cups fruit. Mix ½ cup sugar per 4 cups of fruit and stir until dissolved. Pack, seal, and freeze.
Avocados	Peel, cut in half, remove pit, and purée. Add ¼ teaspoon ascorbic acid to each quart of purée or add 1 tablespoon lemon juice for every two avocados. Pack, seal, and freeze.
Bananas	Peel and mash thoroughly. Add ½ teaspoon ascorbic acid per cup of mashed banana. Pack, seal, and freeze.
Blackberries	Wash carefully in cold water, discarding soft, under-ripe, or defective fruit. Drain well.
	Syrup pack: Pack berries into containers and cover with cold 40%–50% syrup. Seal and freeze.
	Sugar pack: Gently mix ¾ cup sugar with 4 cups berries. Pack, seal, and freeze.

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Fruits	Preparation
Blackberries (continued)	Dry pack: Pack, seal, and freeze berries, or freeze first on a tray and then pack into containers, seal, and return to freezer.
Blueberries	Dry pack: Do not wash (which results in a tougher-skinned product). Pack berries into container or freeze on a tray and then package. Wash before using while berries are still frozen.
Cherries, sour	Wash, stem, and pit.
	Syrup pack: Use cold 50% syrup. Pack, seal, and freeze.
	Sugar pack: Mix $\frac{3}{4}$ cup sugar to 4 cups cherries, then pack, seal, and freeze.
Cherries, sweet	Wash, stem, and pit.
	Syrup pack: Use cold 30%– 40% syrup with $\frac{1}{2}$ teaspoon ascorbic acid per quart syrup. Pack, seal, and freeze.
Cranberries	Stem and sort. Wash and drain.
	Syrup pack: Use cold 50% syrup.
	Dry pack: Pack, seal, and freeze, or freeze first on a tray, then pack into containers, seal, and return to freezer.
Grapes	Sort, stem, and wash. Leave seedless grapes whole, cut grapes with seeds in half, and remove seeds.
	Syrup pack: Cover with 40% cold syrup, seal, and freeze.
	Juice: Crush grapes. Add 1 cup water per gallon of grapes. Simmer for 10 minutes and then strain through a jelly bag. Let set overnight in refrigerator to remove tartrate crystals. Pour off clear juice for freezing and discard sediment. Pack, seal, and freeze.
Mangos	Wash, peel, and slice.
	Syrup pack: Use 30% syrup. Pack, seal, and freeze.
	Dry pack: Tray freeze, then pack into containers, seal, and return to freezer.
	Purée: Mash slices thoroughly or chop in a food processor. Pack, seal, and freeze.
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Fruits	Preparation
Melons (cantaloupe, honeydew, or watermelon)	Dry pack: Pack, seal, and freeze berries, or freeze first on a tray and then pack into containers, seal, and return to freezer.
	Syrup pack: Put in containers and add cold 30% syrup. Seal and freeze.
	Dry pack: Pack into containers, seal, and freeze.
Peaches, nectarines	Sort, wash, and peel.
	Syrup pack: Use cold 40% syrup and add ½ teaspoon ascorbic acid per quart (4 cups) of syrup. Slice peaches directly into cold syrup in containers, press fruit down, and add syrup to cover.
	Sugar pack: To prevent darkening, sprinkle ascorbic acid solution (¼ teaspoon in 3 tablespoons cold water) on each quart fruit. Mix ⅔ cup sugar to 4 cups fruit. Pack, seal, and freeze.
Pineapple	Pare and remove core. Slice, dice, crush, or cut the pineapple into wedges or sticks.
	Dry pack: Pack, seal, and freeze.
Plums, prunes	Wash, halve or quarter, and pit.
	Syrup pack: Cover with cold 40%–50 % syrup. To improve quality, add ½ teaspoon (1,500 mg) ascorbic acid to each quart syrup. Seal and freeze.
Raspberries	Sort, wash, and drain well.
	Syrup pack: Pack berries in containers and cover with cold 40% syrup. Seal and freeze.
	Sugar pack: Add ¾ cup sugar to 4 cups berries and mix carefully to avoid crushing. Pack, seal, and freeze.
	Dry pack: Pack, seal, and freeze berries, or freeze first on a tray and then pack into containers, seal, and return to freezer.
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Fruits	Preparation
Rhubarb	Wash, trim, and cut into 1-inch lengths. Heat rhubarb in boiling water 1 minute and then place promptly in cool water to help retain color and flavor.
	Syrup pack: Pack into containers and cover with cold 40% syrup, seal, and freeze.
	Dry pack: Pack tightly into containers without sugar. Seal and freeze.
Strawberries	Wash and remove caps.
	Syrup pack: Cover berries in container with a cold 50% syrup. Seal and freeze.
	Sugar pack: Mix $\frac{3}{4}$ cup sugar to 4 cups berries, stir, and let stand 15 minutes. Pack, seal, and freeze.