

How to Freeze Fresh Fruits and Vegetables



FOR FRUIT: Wash and dry. Be sure to remove any skin, peel or stem. Cut the fruit into chunks.



FOR VEGETABLES: Blanch and shock by boiling them briefly, drain, then plunge into ice water. Dry thoroughly.

1

Arrange fruit chunks and vegetables onto a baking pan or dish, making sure the pieces are not touching each other.

2



Freeze until completely firm and solid.

3



Once frozen, place into a Ziploc bag or container. Fruit can stay frozen for 6-12 months. Vegetables can stay frozen for 18 months.