





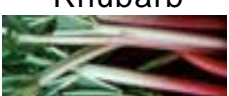
# Freezing Fruit

## Extend Your Local Growing Season. It's EASY!

<ul style="list-style-type: none"> <li>• Choose fresh, ripe local fruit.</li> <li>• Prepare fruit – see over card</li> <li>• Fruit does not require blanching before freezing.</li> <li>• Package prepared fruit in freezer bags or rigid plastic containers that seal tightly to prevent air exposure and moisture loss.</li> <li>• Label packages with name of fruit and date frozen.</li> <li>• Use frozen fruits within 6 months for best flavour.</li> </ul>	<p><b>When to use sugar.</b> While sugar is not needed to freeze fruit, it helps to keep the flavour of some fruits while frozen. The amount of sugar you add will depend on the sweetness of the fruit. Try 50 ml (1/4 cup) of sugar with 1 L (4 cups) of fruit and adjust as you prefer. Sugar is not used when freezing whole berries on a tray, or for blueberries or rhubarb.</p> <p><b>Why does some fruit turn brown?</b> Peaches, nectarines and apricots start to turn brown once cut and exposed to air, and during freezing, due to enzymes in the fruit. Browning can be reduced by dipping these fruits in: 75 ml (1/3 cup) of lemon juice mixed with 1 L (4 cups) of water, <u>OR</u> 5 ml (1 tsp) of ascorbic acid crystals mixed with 1 L (4 cups) of water, <u>OR</u> a commercial anti-browning product (Follow the directions on the package.) <b>Tip:</b> You can also use one of these mixtures to prevent other raw fruit (like apples) from turning brown.</p>
<p><b>For more information on healthy eating:</b></p> <ul style="list-style-type: none"> <li>• visit these Region of Waterloo Public Health websites <a href="http://www.healthywaterlooregion.ca">www.healthywaterlooregion.ca</a>, <a href="http://www.region.waterloo.on.ca/ph">www.region.waterloo.on.ca/ph</a> or EatRight Ontario <a href="http://www.Ontario.ca/EatRight">www.Ontario.ca/EatRight</a></li> <li>• speak with a Registered Dietitian at EatRight Ontario at 1-877-510-5102 (toll free)</li> </ul>	



Fruit that can be frozen	How to prepare fruit for the freezer
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<p><b>Blueberries</b></p> 	<p>Choose sweet, well-ripened berries. Wash. Freeze berries together in a freezer bag or container <u>OR</u> separately on a tray and then package.</p>
<p><b>Peaches</b></p> 	<p>Wash, peel and slice. Sprinkle with sugar. Pack in a rigid container to keep slices intact.</p>
<p><b>Raspberries</b></p> 	<p>Choose firm, fully mature fruit. Wash. Freeze berries together in a freezer bag or container <u>OR</u> separately on a tray and then package.</p>
<p><b>Strawberries</b></p> 	<p>Choose firm, red berries. Wash, remove stems. 1. Slice berries into a freezer bag or container and sprinkle with sugar <u>OR</u> 2. Freeze whole berries individually on a tray and then package.</p>
<p><b>Rhubarb</b></p> 	<p>Choose tender, well-coloured stalks. Wash, trim, cut into small pieces.</p>