

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Freezing Produce, It's Simple!

By Sharon Stajda

You purchased it, so keep those home freezers working for you all year round. Take in account just how much freezer space you have, and then figure out just what foods are important to you and your family.

Freezing foods that are in season is a great way to save loads of money. If you get your produce from a backyard garden or a produce market, you will be doing yourself and your family a service by freezing fresh vegetables and fruits. It is well known that fresh produce maintains a higher nutritional value than processed produce.

Freezing foods is relatively simple. Although there are a few things you should take into consideration before you start. Become familiar with types of containers used in home freezing. Learn how to wrap food for freezing, and most important pay particular attention to storage time on foods you prepare and freeze.

There are several containers one can use. To prevent freezer burn, it is important to get as much of the air out of the container as possible. Tupperware type containers as a rule are good for most freezable food stuff. Freezer wraps and freezer bags are also good. Glass containers also work on many freezable foods. When using freezer wraps, wrap the food tightly, and it is also smart to slip that wrapped food into a freezer bag.

Blanching or steaming vegetables before freezing them will inactivate harmful enzymes. These enzymes can cause your vegetables to loss vitamins, and flavor.

Some fruits are not blanched however, but instead, ascorbic acid (Vitamin C) is used to control enzymes. Lemon juice also may be used to prevent darkening of fruits, but is not as effective as ascorbic acid. Packing fruit in sugar or sugar syrup also will help prevent browning.

Blanching also helps destroy harmful microorganisms that can be found on the surface of vegetables, and fruit. As you can surmise it is important to following the recommendations for blanching any produce you are intending to freeze. Over blanching will results in an over cooked product that will

Freezing Produce, It's Simple!

most likely lose its flavor, color, and nutrients.

Freezing Fruit:

To freeze fruit, wash and then cut fruit into sections. Fruits need to be steamed for 1 1/2 to 2 minutes. Cool before packing into a container, making sure to pack fruit in slightly tight. After the fruit has been put into the container, fill with liquid. There are two liquids that can use to complete the fruit for freezing. One unsweetened fruit pack or syrup fruit pack. The liquid you decide to use is your preference. After the fruit has cooled, you then fill the container with your choice of liquid, leaving 1/2 inch head space and then add cooled liquid leaving 1/2 inch head space. Freeze.

Recipe for Syrup:

Light syrup: 2 cups sugar, 4 cups boiling water. Stir in sugar until dissolved, remove from heat cool.

Recipe for Unsweetened Liquid:

1/2 teaspoon ascorbic acid, 1 quart boiled water cooled.

The ascorbic acid keeps the fruits color bright.

Most fruits should be eaten within 6 months after freezing date. (Please consult a freezing time chart for recommended safe length of time to store fruit you will be freezing)

Freezing Vegetables:

Freezing vegetables are very easy. All vegetables will need to be either steamed, for small sized vegetables such as peas, beans or vegetables that become soft quickly, like celery, cucumbers and such. The other method in preparing vegetables for freezing is blanching in boiling water. Most vegetable will need to be blanched for 2–4 minutes. After the vegetables are blanched or steam blanched, plunge them into ice water, to stop the blanching process. Cool well, pack in appropriate air tight container, and freeze. Most vegetables have a storage time of 6 – 8 months. (Please check storage time chart).

If you would like to learn more about freezing food, I recommend you purchase the book, "How to Freeze: Everything You Need to Know about Freezing" by Carolyn Humphries.

To learn more about vegetables, please visit:

<http://www.oldsold.com/articles07/foods-76.shtml>

and

<http://www.oldsold.com/articles32n/horticulture-54.shtml>

Remembering Summer in Winter

By Arleen M. Kaptur

Remembering Summer in Winter by Arleen M. Kaptur

Summer's bountiful harvest can be well-remembered and renewed by freezing items you enjoy.

Fruit:

Work with small amounts at a time to allow for quick handling and prompt freezing.

Gently wash the fruit in cold water. Drain well. Never allow the fruit to stand in water. Remove stems from berries, and pits from cherries, plums, apricots, peaches and pears. The peels should be removed from peaches, apples, and pears. The fruit can be sliced, quartered, or mashed, depending on future use.

To prevent discoloration while working, apricots, peaches, nectarines, apples, pears, plums, etc. should be dipped in water with lemon juice. (1 gallon water to 3 tbs. lemon juice).

Sweetening fruits before freezing helps retain flavor and color. Rolling the fruit pieces in sugar is a simple way to guarantee that summer-fresh flavor. This is called a dry sugar pack. It is great with very juicy fruits as the sugar and the juice will make a great syrup.

A simple syrup can also be used. Allow 1 cup of syrup for each quart of fruit.

(Medium-2 cups sugar/4 cups water

Heavy - 4 cups sugar/4 cups water).

Choose fruits that are at the perfect eating stage. Over-ripe fruit will not freeze well and flavor, and appearance will be affected.

Pack fruit carefully, pour syrup over to within 1" of top, close and freeze.

Also, all fruits can be packed unsweetened for those special dietary needs.

Holiday times are great for snacking on nutmeats or including them in dessert ideas or menu items.

Nutmeats can be frozen successfully by simply cleaning them, packing into glass jars or plastic bags, sealing, and freezing.

A fast, simple way to preserve Summertime flavor and fruit - freezing some for Holiday Meals or cold-winter nights when remembering Summer will bring back great memories and great taste.

ENJOY!

©Arleen M. Kaptur 2002 August

For more great articles, contests, and to sign up for our newsletters:

<http://www.Arleens-RusticLiving.com> <http://www.arleensite.com>

<http://www.webspawner.com/users/rusticliving>

Freezing Produce, It's Simple!



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!