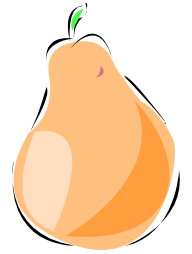


Freezing Fruit

Fruits can be packed several ways for freezing:

Sugar pack: sugar is sprinkled over the fruit and mixed in gently until juice is drawn out and sugar is dissolved. This pack is especially good for sliced soft fruits such as peaches, strawberries, grapes, plums, and cherries.



Unsweetened: Fruit can be packed dry, covered with water containing ascorbic acid, or packed in unsweetened juice. Rhubarb freezes well without add sugar.

Syrup Pack: Fruits frozen in syrup have a better texture, especially when you will be eating the fruit "as is" rather than baking into recipes. The fruit absorbs the syrup as it freezes and holds its shape better when thawed. To make syrup, combine 2 1/2 cups water with 1 3/4 cups sugar in a large saucepan. Bring to a boil and stir until sugar is dissolved. Allow to cool before pouring over fruit. This recipe will make enough syrup for two to three quarts of fruit.

Prevent Browning

Some fruits, such as peaches, apples, pears, and apricots, brown quickly when exposed to air and during freezing. To prevent browning of fruit, use one of the following methods.

- Dissolve ascorbic acid in a little cold water and spread onto fruit. Ascorbic acid acts as an antioxidant and so prevents browning. Use ascorbic acid mixtures such as Fruit Fresh®.
- Dip in citric acid or lemon juice.
- Dip in a salt solution (two tablespoons salt to one gallon of water).

Packing Fruit

Cool fruit and syrup before packing to speed up freezing time. This will help to retain color, flavor and texture.

Pack foods in quantities to use for a single family sized serving. Allow enough headspace between food and closure to allow for expansion. When food is packed in bags, press the air from the bag and seal. Write on the bag with a permanent marker, including name of food, added ingredients, and pack date.