



FREEZING FRESH FRUITS AND VEGETABLES

Buy too much or maybe meal plans changed? Don't let your produce go to waste! Make fresh fruits and vegetables last longer by freezing. Check out these tips on how to preserve nutrients and flavor for a future meal or snack.

- 1 Wash and dry.** To make sure your food is clean and ready for use, thoroughly wash and gently dry.
- 2 Blanch vegetables.** Blanching vegetables seals in the flavor, color and nutrients and provides one last cleanse of the surface!
 - For every two cups of produce, bring one gallon of water to a boil. Add vegetables and cover. Return to a boil and cook for 2.5 minutes. Remove from heat and add to large bowl of ice water. Drain, pat dry and prepare.
- 3 Chop, slice and peel.** Cut into 1 ½ inch florets and blanch for 3 minutes.
 - Broccoli and cauliflower: Cut into 1 ½ inch florets.
 - Carrots: Peel and cut into slices or mini carrot sticks.
 - Dark leafy greens (chard, kale, spinach): Remove stems and fibrous ribs. Chop.
 - Zucchini and yellow squash: Cut into 1 inch slices.
 - Tomatoes: Remove the core.
 - Bananas and oranges: Peel and slice.
 - Strawberries: Remove stems and cut large ones in half.
 - Peaches and nectarines: Remove pit and cut into sixths.
- 4 Freeze on a baking sheet before storing.** The last thing you want is a giant ice cube of frozen fruits or vegetables! Once your produce is prepared, freeze on a baking sheet so each piece freezes individually. Then, transfer your frozen fruits and veggies to air tight containers or freezer bags.

- 5 Enjoy.** Frozen vegetables can be tossed into soups, pastas or stir fry during a busy week. Top yogurt or oatmeal with granola and frozen berries or batch a mix of fruits and vegetables for easy morning smoothies!

TIPS

- Capitalize on sales, and buy in bulk. Prepare and freeze the extra produce that you won't use and cross it off your next shopping list.
- Buying in season is more cost effective. Snag end-of-season deals on your favorite fruits or vegetables, then freeze them.

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