Part 1 - Freezing Fruits and Vegetables
Resources for Today

• Freezing Fruits & Vegetables (B3278)

• Making Jams, Jellies and Fruit Preserves (B2909)

• [www.uga.edu/nchfp/](http://www.uga.edu/nchfp/) (How do I... Freeze? Make Jam and Jelly?)

• [www.foodsafety.wisc.edu](http://www.foodsafety.wisc.edu)
Quiz Time!
Freezing Fruits & Vegetables

Advantages:

• Quick and easy
• Preserves nutrients
• Retains taste and color

➔ BUT, make sure it gives you the quality you want!
Freezing: The Basics

• Pre-treat for best quality
• Quick freezing and small quantities are key
• Packaging and maintaining a cold temperature are important for quality
Packaging

• Rigid plastic freezer boxes
• Heavy plastic freezer bags - food storage bags not recommended
• Glass canning jars
• Aluminum foil, freezer paper or plastic film - or combinations
• A note about...vacuum sealers
Freezing Fruits

- Use acid to prevent color change
- Freeze unsweetened for greatest flexibility
- Sweeten for good texture and color – dry sugar pack or syrup pack
- Individually quick-freeze on trays
- Partially thaw for a summer treat
Freezing Vegetables

 Blanch vegetables for better quality

- Boiling water blanch
- Steam blanch

Chill rapidly in ice-water, drain, and package

→ Blanch time = cooling time
About blanching....

• An issue of quality, not safety
• Some veggies don’t require blanching
• Blanch for the required time
• Cool rapidly
• Store un-blanched foods for less than 3 months
Refreezing

You may safely refreeze frozen food IF:

• It still contains ice crystals
• It is cold – 40°F or below
• It has been held at 40°F no more than 1 to 2 days

⇒ If in doubt, throw it out!!
Cooking Frozen Vegetables

• Most vegetables should be kept frozen until cooked – corn on the cob is one exception

• Heat water to boiling and add frozen veggies, cook until tender

• Enjoy!
Question time??
Part 2 - Making Jams, Jellies and Fruit Preserves
Jams and Jellies

1. Fruit – fresh, canned, frozen or dried (adds flavor!)
2. Pectin – natural carbohydrate that causes fruit to gel
3. Acid – needed for gel formation
4. Sugar – preserves jellied fruit, helps form a gel & adds flavor
Fruit

• Use just-ripe fruit for best flavor and quality
• Mix ripe and unripe fruit if you don't use added pectin
• Overly ripe fruit will taste great, but may fail to set
Pectin

- Use natural pectin in apples, plums and grapes
- Add pectin to other fruits to ensure a good gel
- Add pectin to fully ripe fruit
- Liquid and powered pectin are not interchangeable
More about Gels

- Dry & powdered pectins for different recipes
- Low-methoxyl pectins for low- or no products
- Powdered gelatin for refrigerator products
Acid and Sugar

• Added acid for success
• Measure sugar carefully
• Use honey or corn syrup sparingly
• Sugar substitutes can be used only in special recipes

(refrigerator jelly-www.uga.edu/nchfp OR www.splenda.com/index.jhtml)
Boiling Water Canning......

A MUST for jams and jellies

• Helps form a seal
• Destroys yeast and mold
• Is required for the Fair!
When things just don’t work.....

- **Mold** - imperfect seal
- **Failure to set** - too large a batch, incorrect proportions of ingredients
- **Fading** - storage place too warm or too lights; stored too long
- **Fruit floats** - Stir fruit mixture for 5 min before ladeling into hot jars
How Long Does It Keep?

- Frozen fruits and vegetables keep well for 1 year, especially if wrapped properly.
- Jams and jellies keep for 1 year if stored in a cool, dark location (but just try to keep them this long!)