



Part 1-

Freezing Fruits
and Vegetables

Resources for Today

- Freezing Fruits & Vegetables (B3278)
- Making Jams, Jellies and Fruit Preserves (B2909)
- www.uga.edu/nchfp/ (How do I... Freeze? Make Jam and Jelly?)
- 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-blanching 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



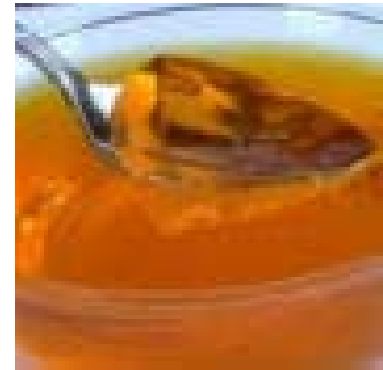
Pectin

- 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 powdered 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

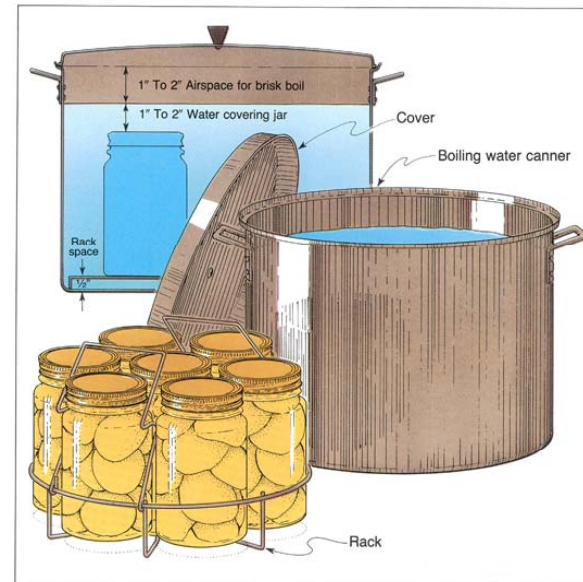
- Added acid for success
- Measure sugar carefully
- Use honey or corn syrup sparingly
- Sugar substitutes can be used only in special recipes
(refrigerator jelly-www.uga.edu/nchfp
OR www.splenda.com/index.jhtml)



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!)