

FREEZING IN GLASS FRUITS AND VEGETABLES

Freezing in a glass container is an excellent way to keep foods air tight and prevent Freezer burn. Jars with large mouth openings and straight sides should be used, and lids should be tight fitting. WECK Round Rim jars with plastic “Keep Fresh” covers are perfect for freezing foods. The ¼ liter mold jars and the 1 liter tulip jars have straight sides and 3.875 inch opening, and the “Keep Fresh” lids fit securely on the jars.

When glass jars are used for freezing, all basic freezing principles apply. In addition, these two guidelines should also be followed:

- 1) Leave proper headspace to avoid breakage. Foods expand when they Freeze, so headspace is very important.
- 2) Avoid extreme changes in temperature. Hot foods, such as soups, should be cooled before putting jars into the freezer

BASIC FREEZING TIPS

- >Select produce of optimum quality
- >Work quickly and in small quantities
- >Freeze foods as soon as they are packaged
- >Set freezer at 0 degrees F. or below
- >Leave space between jars during freezing so air can circulate and foods freeze quickly.
- >Store jars close together when food is frozen for best freezer efficiency

FREEZING FRUITS

- 1) Wash and drain fruit before removing pits or cores. Cut into pieces if necessary.
- 2) Treat light-colored fruits with ascorbic acid or anti-darkening agent to prevent browning.
- 3) Pack food into jars leaving proper headspace.



HOME CANNING
Stackable Round Rim Jars

FREEZING FRUITS, contd

Proper headspace for freezing fruits:

Syrup Pack	Dissolve 1 part sugar in 2 parts water, then chill. Pack fruit into jars and pour over fruit. Leave ½ inch headspace for ¼ liter and ½ liter jars and 1 inch for 1 liter jars. Seal
Sugar Pack	Coat fruit pieces with sugar then pack into jars leaving ½ inch headspace. Seal
Tray Pack	Freeze fruit on a tray for 1 hour then pack into jars. Very small headspace is needed since fruit is already frozen. Seal. (This method is also called IQF or Individually Quick Frozen.)
Dry Pack	Firm fruits, such as blueberries, can be packed directly into jars without first freezing on a tray. Leave ½ inch headspace. Seal.

FREEZING VEGETABLES

- 1) Wash and drain vegetables before removing skins or hulls. Cut into pieces if necessary.
- 2) Blanch vegetables before freezing to inactivate enzymes. Follow times in blanching chart. Use 1 gallon of water for 1 pound of vegetables.
- 3) Chill vegetables in ice water for same time as blanching time, then drain or let dry on paper towels.
- 4) Pack vegetables into jars:

Dry Pack Pack vegetables into jars leaving ½ inch headspace. Seal.

Tray Pack (IQF) Freeze vegetables pieces for 1 hour then pack into jars. Very little headspace is needed since vegetables are already frozen. Seal. (Vegetables remain loose with this packing method.)

BLANCHING TIMES FOR VEGETABLES

<u>VEGETABLE</u>	<u>TIME*</u>	<u>VEGETABLE</u>	<u>TIME*</u>
Asparagus, med.	2 min.	Green	2 min.
Beans, green & wax	3	Kohlrabi, cubed	1
Beans, lima & pinto	3	Okra, med	3
Broccoli flowerets	3	Peas, edible pod	2
Brussel sprouts	4	Peas, green	2
Cabbage shredded	1 ½	Potatoes, new	3-5
Carrots, sliced	2	Summer Squash	3
Cauliflower, flowerets	3	Turnips, cubed	2
Corn	5-6		
Eggplant	4		

*Blanching times given are for boiling water. Double times when using steam.