



## Freezing Fruit

Fruit can be safely frozen using different methods based upon the desired use of the final product. Although the use of sugar or syrup is not necessary to achieve a safe product, most fruit used for eating will have a better texture if frozen using a sugar or syrup pack. Fruit that are used for baking are best frozen using a sugar or dry-pack.

### Containers for Freezing

Using proper packaging material for freezing food is important to help protect flavor, color, moisture content, and nutritive value of the food while in the freezer.

In general, rigid containers, such as glass and plastic, are suitable for all packs, especially for liquid packs. Regular glass breaks easily at freezer temperatures. If using glass jars, choose wide mouth jars that are made for freezing and canning. Plastic freezer-grade bags are good for dry pack with little to no liquid. If using plastic bags, press them to remove as much air as possible before closing.

General characteristics of packaging materials should be:

- Moisture vapor resistant
- Durable and leak proof
- Made of freezer grade material
- Resistant to oil, grease or water
- Protect foods from absorption of off flavor or odors
- Easy to seal - use freezer tape if needed to reinforce the seal
- Easy to label and date
- Containers that hold less than a one-half gallon

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Apples

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The use of sugar or syrup when freezing fruit is not necessary to achieve a safe product. Using sugar or syrup results in a better texture.

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## Did You Know?

Head space allows for the expansion of fruit during the freezing process.



Blackberries

Fruit	Preparation - Select a pack method
<p><b>Apples</b></p>	<p>Select crisp apples. Wash, peel and core. Slice medium apples into twelfths and large into sixteenths.</p> <p><u>Syrup Pack</u><sup>1</sup> - Use 40% cold syrup. To prevent browning, add 1/2 tsp. (1500 mg) ascorbic acid to each quart of syrup. Start with 1/2 cup cold syrup in a pint container, add fruit, press fruit down and add syrup to cover. Crumple a small piece of water-resistant paper on top to hold fruit down.</p> <p><u>Sugar Pack</u> - To prevent darkening, dissolve 1/2 tsp. (1500 mg) ascorbic acid in 3 Tbsp. water. Sprinkle over fruit. You can also steam apple slices for 1 1/2 to 2 minutes. Cool and drain. Mix 1/2 cup sugar with 1 quart fruit.</p> <p><u>Dry Pack</u> - Follow directions for sugar pack, omitting the sugar. Treated apple slices can also be frozen on a tray then packed.</p> <p>Package, leaving head space<sup>2</sup> seal, label, date, and freeze.</p>
<p><b>Blackberries</b></p>	<p>Wash gently in cold water; discarding soft, underripe or defective fruit.</p> <p><u>Syrup Pack</u><sup>1</sup> - Pack whole berries in a container and cover with a cold 40 - 50% syrup.</p> <p><u>Sugar Pack</u> - Mix 3/4 cup sugar with 1 quart berries.</p> <p><u>Dry Pack</u> - Pack into containers. Berries can also be frozen on a tray then packed.</p> <p>Package, leaving head space<sup>2</sup>, seal, label, date and freeze.</p>

Fruit	Preparation - Select a pack method
<b>Blueberries or Huckleberries</b>	<p>Select full-flavored, ripe berries. Remove leaves, stems and immature or defective berries. Do not wash. Washing results in a tougher skinned product.</p> <p><u>Dry Pack</u> - Pack into containers, leaving head space<sup>2</sup>. Berries can also be frozen on a tray, then packed. Seal, label, date and freeze. Wash before using.</p>
<b>Cranberries</b>	<p>Choose firm, deep-red cranberries with glossy skins. Stem and sort. Wash and drain.</p> <p><u>Syrup Pack</u><sup>1</sup> - For syrup pack, cover with cold 50% syrup, leaving head space<sup>2</sup>. Seal, label, date and freeze.</p> <p><u>Dry Pack</u> - Pack into containers, leaving head space<sup>2</sup>. Cranberries can also be frozen on a tray.</p>
<b>Peaches or Nectarines</b>	<p>Sort, wash and peel. Be careful not to bruise the fruit.</p> <p><u>Syrup Pack</u><sup>1</sup> - Use 40% syrup. To prevent darkening, add 1/2 tsp (1500 mg) ascorbic acid/quart syrup. Start with 1/2 cup cold syrup to a pint container, add fruit, press fruit down, add syrup to cover. Crumple a small piece of water-resistant paper on top to hold fruit down.</p> <p><u>Sugar Pack</u> - To each quart of prepared fruit (1 1/3 pounds) add 2/3 cup sugar and mix until dissolved or let stand 15 minutes. To stop darkening, add 1/4 tsp. (750 mg) ascorbic acid dissolved in 3 Tbsp. cold water to each quart fruit.</p> <p>Package, leaving head space<sup>2</sup>, seal, label, date and freeze.</p>



Strawberry Jam

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## ***Did You Know?***

Dry-packed frozen berries can be used to make jam. Measure the amount of fruit needed prior to thawing. Thaw under refrigeration, crush, measure and make the jam according to directions.

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<b>Fruit</b>	<b>Preparation - Select a pack method</b>
<b>Pears</b>	<p>Choose pears that are crisp and firm. Wash, peel and core. Slice medium pears into twelfths and large into sixteenths.</p> <p><u>Syrup Pack</u><sup>1</sup> - Heat pears in boiling 40% syrup for 1-2 minutes. Drain and cool. Pack pears and cover with cold 40% syrup. To stop darkening, add 3/4 tsp. (2250 mg) ascorbic acid to a quart of cold syrup. (Crumple a small piece of water-resistant paper to hold fruit down.)</p> <p>Pack into container leaving head space<sup>2</sup>. Seal, label, date, and freeze.</p>
<b>Raspberries</b>	<p>Sort berries using ripe, firm and well-colored berries. Wash gently with cool water and drain.</p> <p><u>Syrup Pack</u><sup>1</sup> - Pack berries into containers and cover with cold 40% syrup.</p> <p><u>Sugar Pack</u> - Mix 1 quart berries gently with 3/4 cup sugar.</p> <p><u>Dry Pack</u> - Pack berries into containers. Raspberries can also be frozen on a tray and then packed.</p> <p>Package, leaving head space<sup>2</sup>, seal, label, date, and freeze.</p>
<b>Rhubarb</b>	<p>Wash, trim, cut into lengths to fit package. To retain color and flavor, heat rhubarb in boiling water for 1 minute, cool quickly in cold water.</p> <p><u>Syrup Pack</u><sup>1</sup> - Pack raw or pretreated rhubarb into containers, cover with cold 40% syrup.</p> <p><u>Dry Pack</u> - Pack raw or pretreated rhubarb into containers without sugar.</p> <p>Pack leaving head space<sup>2</sup>, seal, label, date and freeze.</p>
<b>Strawberries</b>	<p>Select fully ripe, firm berries. Wash and sort. Hull, leave whole or slice.</p> <p><u>Syrup Pack</u><sup>1</sup> - Place whole berries in container and cover with cold 50% syrup, leaving head space. Seal, label, date and freeze.</p> <p><u>Sugar Pack</u> - Add 3/4 cup sugar to 1 quart whole strawberries and mix. Let stand 15 minutes.</p> <p>Package, leaving head space<sup>2</sup>. Seal, label, date and freeze.</p>



Pears

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## 1 - Syrup Concentrations for Freezing Fruits

Use the percentage of syrup indicated for each individual fruit.

Type of Syrup	Sugar	Water
10% (very light)	1/2 cup	4 cups
20% (light)	1 cup	4 cups
30% (medium)	1 3/4 cups	4 cups
40% (heavy)	2 3/4 cups	4 cups
50% (very heavy)	4 cups	4 cups



Strawberries

Directions: Dissolve sugar in lukewarm water according to the chart; mix until dissolved. Chill syrup before using.

### To Prevent Darkening

Light-colored fruits are kept from darkening during handling by the addition of ascorbic acid. Use either powdered ascorbic acid (available where food preservation supplies are sold) or crushed vitamin C tablets. Finely crush vitamin C tablets before use. Fillers in the tablets may make the syrup cloudy but it is not harmful.

Follow the directions below when adding ascorbic acid in various types of packs.

• **In syrup or liquid packs** - Add powdered or crushed ascorbic acid to cold syrup shortly before using. Stir it in gently so you do not stir in air. Keep syrup refrigerated until use.

• **In sugar or dry packs** - Dissolve the ascorbic acid in two to three tablespoons of cold water and sprinkle the mixture over fruit just before adding sugar.

## 2 - Head Space for Packing Frozen Fruit

Head space allows for expansion of fruit during the freezing process.

Pack Type	Container with Wide Top Opening		Container with Narrow Top Opening	
	Pint - 1/2 inch	Quart - 1 inch	Pint - 3/4 inch (1 1/2 inches for juice)	Quart 1 1/2 inches
Liquid pack (fruit packed in sugar, syrup or water; crushed or puree; juice)	Pint - 1/2 inch	Quart - 1 inch	Pint - 3/4 inch (1 1/2 inches for juice)	Quart 1 1/2 inches
Dry pack (fruit packed without added sugar or liquid)	Pint 1/2 inch	Quart - 1/2 inch	Pint - 1/2 inch	Quart 1/2 inch



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#### **For More Information**

##### **About the Authors:**

Adapted from: A. Andress, J. Harrison, So Easy to Preserve, Sixth Edition. Cooperative Extension. The university of Georgia, Bulletin 989, 2014. For more information on food preservation go to National Center for Home Food Preservation website - <http://www.uga.edu/nchfp>.

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