

FOOD STORAGE TIPS

for fruits and vegetables

1 Freeze fruits and veggies when they're at their peak of freshness.

2 Freeze fruits and vegetables quickly after purchasing or harvesting.

3 Fill containers to the top and remove as much air as possible from freezer bags.

10 Use heavy-duty storage containers like freezer bags.

9 Use Freezer Bags.

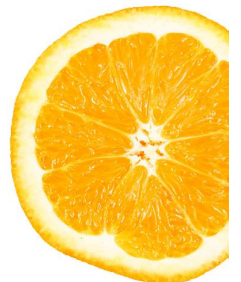
4 Vegetables that hold up well to cooking (corn, peas) generally freeze well, too.

8 Chop the veggies or fruit first.

5 For better texture, try eating previously frozen fruit before it's completely thawed.

6 Fruits and veggies freeze best at 0-degrees F or colder.

7 Store frozen fruits for about a year; vegetables, about 18 months. (Storing longer is fine, but the quality may decline.)



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1 Freeze bags flat for better storage.

2 You'll want to wash all fruits and vegetables well, especially if you don't plan on peeling them, and pat them dry with a paper towel or dishtowel.



3 Peaches: slice and toss with sugar before freezing to maintain their texture.

10 Bell peppers, avocado, mango, pineapple, melon, peas, carrots, broccoli, cauliflower, stone fruits (peaches, nectarines, plums, cherries), and squash: slice or chop and then freeze in a single layer on a tray and then immediately bag in larger bags.

9 Berries, bananas, chili peppers, beans, asparagus, tomatoes, and corn: freeze whole in single layer on a tray and then immediately bag in larger bags.



7 Zucchini and potatoes should be shredded before freezing.

5 Use heavy-duty storage containers like freezer bags.

4 Most veggies need to be blanched before freezing (blanching is simply putting them in boiling water for a few minutes and then immediately into ice water).

8 Apples: make the pie or bars in advance, freeze unbaked. Thaw and bake.



6 Lemons: the zest and juice can be frozen. Store each in small freezer bags.

