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# The Freezing Preservation of Fruits and Vegetables

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## CALENDAR for Freezing Foods

### SPRING—March, April, May.

**Fruits**—Currants, Gooseberries, Rhubarb, Strawberries.

**Vegetables**—Asparagus, Peas, Spinach and other greens.

### SUMMER—June, July, August.

**Fruits**—Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Figs, Loganberries, Raspberries, Strawberries, Youngberries.

**Vegetables**—Beans, Peas, Corn.

### FALL—September, October

**Fruits**—Cantaloupe, Cranberries, Grapes, Peaches, Prunes.

**Vegetables**—Beans, Beets, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Corn, Peas, Peppers, Squash, Pumpkin, Zucchini.

### WINTER—November, December.

**Fruits**—Apples, Cranberries.

**Vegetables**—Cauliflower and winter vegetables.

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# FRUITS

**Freeze and store at 0° F. or lower**

For sugar and sirup preparation see page 4.

NAME AND VARIETIES	PREPARATION
<b>APPLES</b> Firm winter varieties, white or yellow flesh, such as Yellow Newtown, Winesap, Spitzenburg, Jonathan.	Peel, core and trim; slice into light brine (1 tablespoon of salt per quart of water). Drain, pack, and cover with sirup. Ascorbic acid optional; see page 4.
<b>APRICOTS</b> Royal, Blenheim, Tilton, Wenatchee, Moorpark.	Sort, wash, halve and pit. (1) Dip into boiling water $\frac{1}{2}$ minute to prevent discoloration, cool immediately, or (2) add ascorbic acid to sirup (see page 4). Pack, cover with sirup.
<b>*BLACKBERRIES</b> Pacific Northwest Native Wild, Cascade, Pacific, Chehalem, Himalaya, Evergreen, Olallie.	Sort carefully, wash, drain, and pack, then cover with sirup. May be packed dry for use in pie or jam.
<b>BLUEBERRIES AND HUCKLE-BERRIES</b> Native Wild Blue and Red, Rancocas, June, Concord, Jersey, Rubel, Dixi, Pemberton.	Sort carefully, and wash well to remove all foreign matter. Drain and pack, then cover with sirup. May be packed dry for use in pie or jam.
<b>BOYSENBERRIES (NECTAR) AND YOUNGBERRIES</b>	Sort and wash carefully. Drain and pack, then cover with sirup.
<b>†CANTALOUP</b> Any good flavored variety with thick, firm, well colored flesh.	Cut balls, dice or slice from portion of fruit that is firm-ripe. Pack and cover with light sirup.
<b>*CHERRIES—SOUR</b> Montmorency, Early Richmond, Late Duke, English Morello	Wash, sort and pit. Soaking in cold water for 2 hours aids pitting. Mix with sugar and fill containers or pack, then cover with sirup.
<b>CHERRIES—SWEET</b> Lambert, Bing, Deacon, Royal Ann, Republican.	Stem and wash. Pitting not necessary but desirable. Drain, pack, and cover with sirup.
<b>CRANBERRIES</b> McFarlin, Howes, Stankovich.	Sort carefully, wash, and drain. Pack and cover with sirup. or pack dry with nothing added.
<b>CURRENTS</b> Perfection, Fay's Prolific, Cherry, Red Lake.	Sort carefully, wash and drain. Pack and cover with sirup, or mix with sugar and then package.
<b>FIGS</b> Mission, Kadota, Gillette, Granata, Lattarula, Black Spanish.	Stem, wash, and sort. Peel, halve, or slice; or leave whole unpeeled. Pack and cover with light sirup. Ascorbic acid optional—see page 4.
<b>GOOSEBERRIES</b>	Stem, wash, sort, drain. Pack dry without sugar, sirup.
<b>GRAPES</b> Thompson Seedless, Worden, Campbell's Early, Concord	Wash, sort carefully, and drain. Pack and cover with light sirup or pack dry with nothing added. (Will be somewhat soft if completely thawed before using.)
<b>LOGANBERRIES</b>	Sort, wash well, and drain. Pack and cover with sirup.
<b>PEACHES</b> Elberta, Hale Haven, Rio Oso Gem, Veteran, Triogem, Slappy, J. H. Hale, Late Crawford.	Halve, pit, scald until skin slips, and peel. Slice into light brine (1 tablespoon of salt per quart of water). Either (1) dip slices into boiling water 1 minute to prevent discoloration, cool immediately, or (2) add ascorbic acid to the sirup—see page 4. Drain, pack and cover with sirup.
<b>PRUNES</b> Italian	Sort, wash, halve and pit. Pack and cover with sirup. Ascorbic acid optional—see page 4.
<b>*RASPBERRIES—BLACK</b> Dundee, Munger, Bristol, Plum Farmer, Winfield.	Sort, wash, and drain well. Pack and cover with sirup. May be packed dry for use in jam.
<b>*RASPBERRIES—RED</b> Cuthbert, Washington, Taylor, Newburgh, Willamette, Lloyd George.	Sort, wash carefully, and drain. Pack and cover with sirup or mix gently with sugar and then package.
<b>†RHUBARB</b> Canada Red, Valentine, McDonald.	Wash, trim, cut into $\frac{1}{2}$ inch pieces. Drain, pack, and cover with sirup. May be packed dry for pie or preserves.
<b>*STRAWBERRIES</b> Corvallis, Marshall, Brightmore, Northwestern, British Sovereign, Dorsett, Fairfax.	Sort, cap, wash, and drain well. Slicing is recommended. May be packed whole if desired. Pack and cover with sirup or mix with sugar and then package.
<b>FRUIT JUICES</b> Grape and berry.	Use only mature fruit. Sort and wash. Place in preserving kettle with small amount of water. Simmer 10 minutes. Do not boil. Drain in jelly bag. Add sugar (approximately 1 cup sugar to 3 to 5 cups juice as desired). Pack in liquid tight containers, $\frac{2}{3}$ full.

\* Given in order of preference.  
† Vegetable used as a fruit.

# VEGETABLES

Freeze and store at 0° F. or lower

For blanching procedure see page 5.

NAME AND VARIETIES	PREPARATION
<b>ASPARAGUS</b> Martha Washington, Mary Washington, Paradise.	Sort, wash carefully, and trim. Cut stalks in 1 inch pieces or leave whole. <b>BLANCH:</b> 2 to 3 minutes. Cool quickly, drain, and pack.
<b>BEANS—GREEN OR WAX</b> Kentucky Wonder, Tendergreen, Full Measure, Stringless Green Pod, Top Crop, Blue Lake, Round Pod Kidney Wax.	Sort, snip, wash carefully, and cut as desired. <b>BLANCH:</b> 3 to 4 minutes. Cool quickly, drain, and pack.
<b>BEANS—LIMA</b> Henderson's Bush, Fordhook 242.	Sort and wash beans carefully. Pack white and green beans separately. <b>BLANCH:</b> 2 to 3 minutes. Cool quickly, drain, and pack.
<b>BEETS</b> Detroit Dark Red, Early Model.	Cut off tops and wash beets. Scald $\frac{1}{2}$ minute, cool immediately, and peel. Dice or slice into $\frac{1}{2}$ inch cubes. <b>BLANCH:</b> 2 or 3 minutes. Cool quickly, drain, and pack.
<b>BROCCOLI—GREEN</b> Calabrese.	Sort carefully. Trim off large leaves and woody stem ends. Wash thoroughly. <b>BLANCH:</b> 3 to 4 minutes. Cool quickly, drain, and pack.
<b>BRUSSELS SPROUTS</b> Long Island Improved, Oregon Special.	Sort, trim carefully, and wash. <b>BLANCH:</b> 3 to 4 minutes. Cool quickly, drain, and pack.
<b>CARROTS</b> Chantenay, Nantes.	Use only young tender carrots. Wash and scrape well. Very small tender carrots may be left whole. Dice or slice others. <b>BLANCH:</b> 3 to 5 minutes for small whole; 2 to 3 minutes for diced or sliced. Cool quickly, drain, and pack.
<b>CAULIFLOWER</b> Snowball 16, St. Valentine (spring).	Sort, trim, split stalks to $\frac{1}{2}$ inch thickness, flowerets to 1 inch thick. <b>BLANCH:</b> 3 to 4 minutes. Cool quickly, drain, and pack.
<b>CORN—CUT</b> By season: Carmelcross Tendermost, Golden Cross Bantam, Ioana (late), Many other popular varieties freeze with good results.	Use only ears with rich, milky, sweet juice. Husk, silk, and wash. <b>BLANCH:</b> 4 to 5 minutes. Cool as long as blanched, drain, and cut off cob. Pack and freeze immediately.
<b>CORN ON COB</b> By season: Carmelcross Tendermost, Golden Cross Bantam, Ioana (late), Many other popular varieties freeze with good results.	Use only ears with rich, milky, sweet juice. Husk, silk, and wash. <b>BLANCH:</b> 8 to 10 minutes. Cool as long as blanched, drain, and package. Wrap each ear separately in moisture-vapor proof locker paper, or pack desired amount together in large container (plain or enameled cans).
<b>PEAS</b> Thomas Laxton, Improved Gradus, Stratagem, Alderman, World's Record.	After shelling, sort out overlarge, hard, starchy and split peas. Wash well. <b>BLANCH:</b> 1 to $1\frac{1}{2}$ minutes. Cool immediately, drain, and pack.
<b>PEPPERS—SWEET</b> Any variety with deep green color and thick, tender flesh. May be frozen while red and still tender for use as garnish.	Wash, slice or halve, remove seeds. Blanching is optional, but does soften tissue and aids in packing. <b>BLANCH:</b> 2 minutes. Cool quickly, drain, and pack.
<b>SPINACH AND OTHER GREENS</b> Improved Thick Leaf, Giant Leaf.	Sort, trim, and wash very thoroughly. <b>BLANCH:</b> 2 minutes. Cool quickly, drain well, and pack.
<b>SQUASH OR PUMPKIN</b> Any firm-fleshed, well flavored variety.	Halve, remove seeds, cut into squares. Steam over small amount of water or bake until tender. Sieve or mash, cool and pack with no addition of liquid or salt.
<b>ZUCCHINI</b> More succulent variety of summer squash.	Wash and cut to $\frac{1}{2}$ inch or thinner slices. <b>BLANCH:</b> 2 minutes. Cool quickly, drain, and pack.

## Containers for frozen fruits and vegetables

A good container for frozen foods should be (1) moisture-vapor proof, (2) strong and durable, (3) sturdy enough to maintain a liquid-tight seal, (4) easy to handle and fill, (5) easy to seal, (6) easy to label, (7) economical of storage space (square containers fit together to save space).



Lacquered tin cans with tight fitting lids.

Glass jars.

Locker cartons, waxed or with vapor-proof liners.

### Sirup preparation

The sirup may be prepared from cane or beet sugar and water or sugar combined with water and corn sirup. The strength of sirup to use on any fruit depends on individual preference.

	Water	Sugar	Yield of sirup	Approximate coverage
Light .....	4 cups	2 cups	5 cups	7 pints
Medium.....	4 cups	3 cups	5½ cups	8 pints
Heavy.....	4 cups	4 cups	6½ cups	9 pints

	Corn sirup	Water	Sugar	Yield of sirup	Approximate coverage
Light .....	1 cup	4 cups	1 cup	5½ cups	8 pints
Medium.....	1½ cups	4 cups	1½ cup	6½ cups	10 pints
Heavy.....	2 cups	4 cups	3 cups	7½ cups	12 pints

Allow approximately  $\frac{3}{8}$  cup of sirup for each pint of fruit; 1½ cups of sirup for each quart of fruit. Chill the sirup well before using.

### Sugar pack

The amount of sugar to add is governed by each family's preference. The common practice is to use either 4 pounds of fruit to 1 pound of sugar (4 : 1) or 3 pounds of fruit to 1 pound of sugar (3 : 1). The sugar and fruit should be thoroughly mixed together before packaging.

### Ascorbic acid

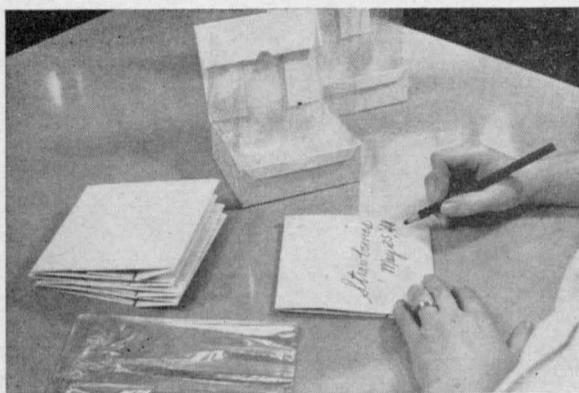
The darkening of light-colored fruits (apples, apricots, and peaches, also figs and prunes) is retarded effectively by the addition of ascorbic acid. Ascorbic acid (Vitamin C) is dissolved in the cool sirup just before pouring over prepared fruit. Ascorbic acid in powder or crystal form may be secured from most drug stores, locker plants, and some food stores. The powder or crystalline ascorbic acid is mixed into the cool sirup, using one-half teaspoonful to one quart of sirup, enough sirup to be used on eight pints or four quarts of prepared fruit.

Cooperative Extension Work in Agriculture and Home Economics,  
F. E. Price, Director.

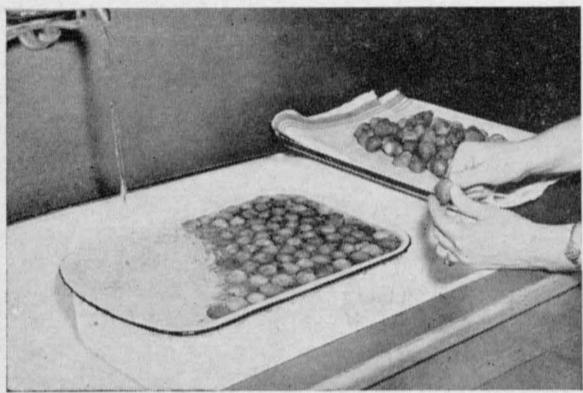
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Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

# General Rules for Both Fruits and Vegetables

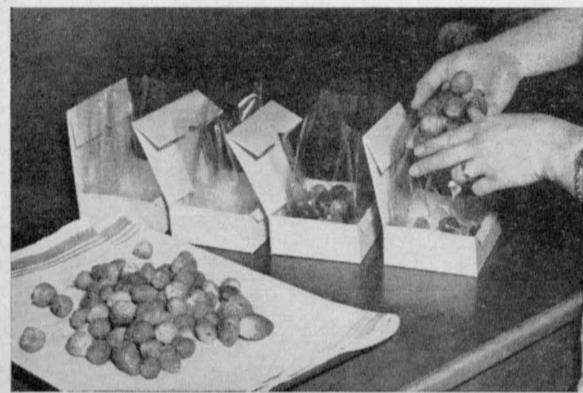
## STRAWBERRIES



Label cartons with name of product, date, and your name.



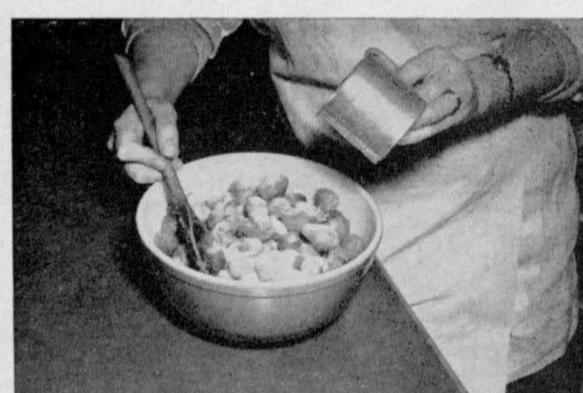
Wash and sort carefully in cold water. Prepare as for table use.



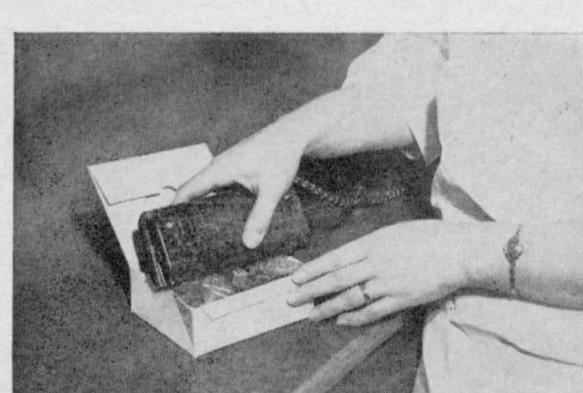
Drain well and then fill side-opening cartons as rule 6 for fruits.



Cover the fruit with chilled sirup  
or



Mix the fruit well with sugar and then package.



Seal the cartons securely with flat iron, curling iron or electric sealer as shown.

## Freeze and store at 0° F. or lower

1. Select suitable variety. See pages 2 and 3.
2. Freeze only fresh products of good quality and proper maturity.
3. Gather products in the cool of the morning; handle quickly; rush to freezer as soon as possible.
4. Keep in cool place while under preparation.
5. Prepare only small lots at one time; preferably 2 to 3 pounds.
6. Wash thoroughly and remove foreign materials, decayed, badly bruised, immature or over-ripe products.
7. Label cartons with name of product, date, your name, and any other information you deem necessary, before starting actual preparation of the product.

## For Fruits

1. Prepare sirup if it is to be used, and chill thoroughly in the refrigerator. See page 4.
2. Label cartons.
3. Wash and sort carefully in cold running water. Prepare as for table use.
4. Drain well.
5. Mix thoroughly with sugar and then fill containers to 1 inch from top  
*or*
6. Fill, allowing space for expansion to instruction mark on carton, or 1 inch from top of quarts or pints or  $\frac{1}{2}$  inch from top of squat pints. Fill flat cartons nearly level full with fruit.  
A wad of waxed paper may be placed under the lid of container to keep fruit from floating or discoloring.
7. Seal the containers securely to prevent leakage.
8. Place immediately in freezer or in refrigerator if necessary to hold before freezing.

## For Vegetables

1. Label cartons.
2. Wash and sort carefully in cold running water. Prepare as for table use.
3. Blanch for required length of time as given on page 3.
4. Cool immediately in cold running water, or in ice water.
5. Drain well.
6. Fill to  $\frac{1}{2}$  inch from top of container except loose products like peas and beans; side opening cartons may be filled full.
7. Seal the containers securely to prevent drying out of the product during storage.
8. Place immediately in freezer or in refrigerator if necessary to hold before freezing. Do not hold longer than 3 hours before freezing.

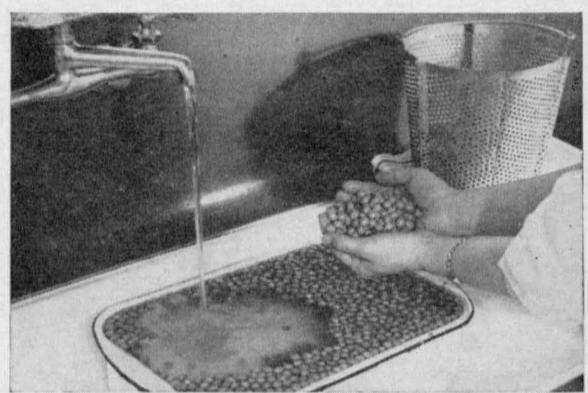
## Blanching

Place approximately one quart or two pounds of the prepared vegetable in wire basket or colander (cloth sack may be used if loosely filled) and immerse in three quarts or more of rapidly boiling water. Start counting blanching time when water returns to a full boil. The quantity of vegetable should be small enough so that the water returns to boiling in one minute or less. Stir during blanch.

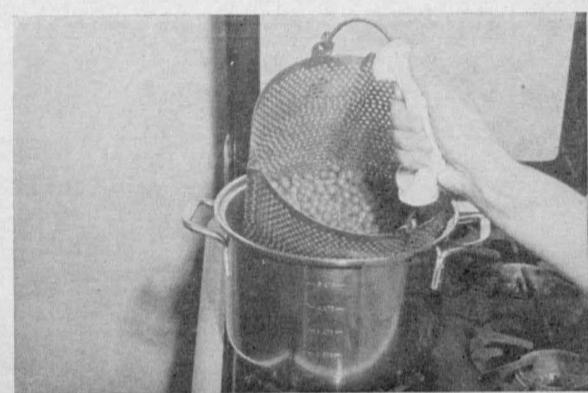
## PEAS



Label cartons with name of product, date, and your name.



Wash and sort carefully in cold water. Prepare as for table use.



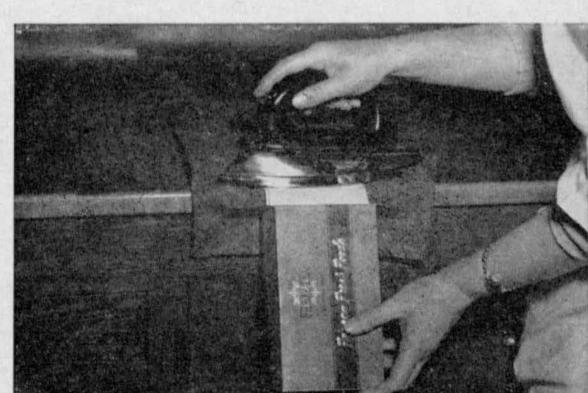
Blanch in boiling water for required length of time as shown on Page 3.



Cool immediately in running water or ice water.



Drain well and then fill containers to  $\frac{1}{2}$  inch from the top.



Seal the cartons securely with electric sealer, curling iron, or flat iron as shown.