

Freezing Fruit

Ways to Pack Fruit

Unsweetened - fruit in containers without sugar.

Sugar Pack - for juicy fruits and those that do not darken. One quart of fruit with $\frac{1}{4}$ to 1 cup sugar (depending on personal taste).

Syrup Pack - whole fruits and those that tend to darken. Mix and dissolve sugar in water; add ascorbic acid if needed.

Proportions for Syrup

Kind (% of sugar syrup)	Syrup per 1 quart water
Light (30%)	2 cups
Medium (35%)	2½ cups
Medium (40%)	3 cups
Heavy (50%)	4¾ cups

Depending on the kind of fruit, ascorbic acid may be added to syrup to prevent darkening:

Crystalline - $\frac{1}{2}$ tsp. per quart syrup

Tablets - 1500 milligrams per quart syrup

Loose or Tray Pack - Spread fruits in single layer on tray; freeze, pack. Light sugar coating may be beneficial to juicy fruits.

Additional information - non-sugar sweeteners are not recommended in home food preservation. Freeze foods with water, juice, or very thin sugar solution and add artificial sweetener, if desired for flavor at time of serving. **Honey** - use a mild flavored variety to avoid masking natural flavor of fruit. Use sparingly.

Packages for Fruits and Vegetables

Rigid plastic boxes - available in pints, 1½ pints, quarts and larger sizes. Check lids for tight fit or use freezer tape. Leave $\frac{1}{2}$ inch head space. **Plastic bag and box combination** - If bags are used without boxes, double bagging is necessary. Also double bag when freezing large amounts of loose pack foods. **Glass freezer jars** - specially tapered jars for ease in removing food and tempered to withstand wide temperature range.

Approximate Amount of Fruit Needed to Yield 1 Pint of Frozen Fruit

Apples (1½ pounds)	Apricots (2/3 to 4/5 pound)	Berries (1½ pounds)
Cantaloupes (1 pound)	Cherries (1½ pounds)	Cranberries (½ pound)
Currants (¾ pound)	Peaches (1½ pounds)	Pears (1½ pounds)
Pineapple (1¼ pounds)	Plums or Prunes (1½ pounds)	Raspberries (1 pint)
Rhubarb (2/3 to 1 pound)	Strawberries (2/3 quart)	

The following table "Fruits: How to Prepare and Pack for Freezer Storage" was reprinted by permission from *How to Prepare Fruits and Vegetables for Freezing*, Frances O. Van Duyne and Mary Keith, University of Illinois Extension, College of Agricultural, Consumer and Environmental Sciences. Copyright 1983 Board of Trustees, University of Illinois.

FRUITS: How to Prepare and Pack for Freezer Storage

Fruit	Preparation	Type of Pack
Apples, slices	Select firm, ripe, tart fruit. Wash, core, peel, and slice sirup in 16ths.	Cover with 40% sirup.
	Or do as indicated above and then blanch slices in steam for 3 minutes.	Pack plain or cover with 40% sirup.

Apples, as sauce	Core, peel, and cut into 8ths. Simmer with water until soft. Put through sieve.	Add sugar to taste.
Apricots	Use fully ripe but not soft apricots. Peel, halve and pit.	Cover with 40 to 50% sirup.
Blackberries and dewberries	Choose fully ripened, uniform berries. Wash and sort.	Cover with 40% sirup or add ½ c sugar to 1 qt. fruit as dry pack.
Blueberries	Use large ripe berries. Wash thoroughly and discard any that are soft.	Pack plain or cover with 30% sirup or dry pack as for blackberries.
Cantaloupe	Select firm, ripe fruit. Remove seeds and rind. Cut into small wedges.	Cover with 40% sirup.
Cherries, sweet	Use firm ripe fruit. Wash, and remove stems.	Cover with 40% sirup.
Cherries, sour	Use firm ripe fruit. Wash, and remove stems and pits.	Mix 1 c sugar with 3 c cherries.
Cranberries	Choose bright, shiny, firm berries. Wash thoroughly and sort.	Pack plain or cover with 50% sirup.
Gooseberries	Select green or ripe berries. Wash and remove stems.	Cover with 60% sirup.
Grapefruit	Use firm, well-shaped fruit which is heavy for its size. Peel, separate sections and carefully remove the membranes.	Cover white sections with 40% sirup; cover pink with 30% sirup. Juice may be used in making sirup.
Grapes, seedless	Discard any soft or bruised fruit. Wash and remove stems.	Cover with 40% sirup.
Grapes, seeded	Sort carefully and discard and soft fruit. Wash and remove stems. Cut in halves and remove pits.	Cover with 40% sirup.
Honeydew melon	Select firm ripe fruit. Remove seeds and rind. Cut into small wedges.	Cover with 40% sirup.
Peaches	Use only firm ripe fruit. Peel and slice enough for one carton at a time. Pack and cover with sirup immediately.	Cover with 50 to 60% sirup or dry pack.
Pineapple	Use ripe fruit. Slice, pare, remove core, and cut into wedges.	Cover with 30 to 40% sirup or dry pack.
Plums, prunes	Choose ripe, unbruised fruit. Wash, halve and remove pits.	Cover with 30% sirup.
Plums, red	Select ripe fruit without any soft spots. Halve, remove pits, and then quarter.	Cover with 50% sirup.
Raspberries	Choose ripe juicy berries (purple or red raspberries are better than black). Sort and wash.	Pack plain; or (better) mix 1 c sugar with 5 c fruit; or (best) cover with 30 to 40% sirup.
Strawberries - Whole	Select firm ripe berries. Wash and hull.	Cover with 40% sirup.
Strawberries - Sliced or crushed	Prepare in same way as for whole strawberries. Then slice or crush.	Mix 1 cup sugar with 5 c sliced or crushed fruit.
Watermelon	Choose firm, ripe fruit. Remove seeds and rind. Cut into small wedges.	Cover with 30% sirup.

c = cup