

FREEZING FRUITS

Most fruits maintains their quality when frozen up to about 6 months. Follow these simple steps to freeze fruits to slow loss of color, flavor, texture and nutrients.

1. Rinse produce. Pat dry.
2. Prep fruits by removing any pits and stems. In some cases you may choose to cut larger fruits into smaller sections before freezing.
3. Place fruit, or fruit pieces, in a single layer on a baking sheet and freeze.
4. Transfer frozen produce to a large freezer-safe bag or other airtight container.