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On Freezing Foods

Freezing Procedure-Freeze fresh, ripe fruit. Prepare fruits for syrup or sugar pack as desired.

Moisture proof containers are essential. Rigid containers are glass, aluminum, plastic, or heavily waxed cardboard. Bags and sheets made of moistureproof materials such as heavy foil, cellophane, plastic or laminated plastic are suitable. Pack fruit tightly into containers to eliminate air.

Sealing-Leave headspace for food to expand during freezing.

Freeze at 0 degrees or below in small batches. Fruits may be stored 8-12 months. Do not refreeze.

To pack in syrup-Add 4 3/4 cups sugar to 4 cups water. This will yield 6 1/2 cups of syrup.

Vegetables-Select fresh, tender vegetables. Lettuce and other salad greens, green onions, cucumbers, celery, tomatoes and radishes should NOT be frozen.

Blanch vegetables. Freeze as fruits (above).