

### LET'S GET STARTED

Fruit offers a kaleidoscope of beautiful colors, amazing nutrients and luscious taste! There is no better time than now to expand your family's fruit selection! We will be exploring the more popular array of fruits to choose from, each with their own nutrient profile. All of these fruits provide unique benefits, but we especially recommend daily consumption of citrus fruit, to get your daily dose of Vitamin C, and super fruits such as berries. Whole fruit offers not only great nutrition, but also the filling power of fiber. If you enjoy fruit juice, you can increase its fiber and lower sugar by blending whole fruit.

Proper storage is key to experiencing fruits' full flavors and nutrition (refer to our produce storage guide on page 9 to review which fruits belong on the counter and which do better in the fridge). One great storing method, which is especially helpful when fruits are in season and readily available at lower prices, is freezing. In this section, you will learn the best freezing techniques for not just fruit, but vegetables and other foods as well!

As you'll see in our fruit recipes, there are many delicious and creative ways to incorporate your daily 2 cups of fruit into your diet. Now let's see just how sweet life can be when we eat a variety of fruit!

## Choosing Produce Wisely

Consuming a wide variety of produce is so important for good health. But some consumers are beginning to decide they want less pesticide residue in their produce because of potential negative health effects. The Environmental Working Group puts out a yearly list of the 12 fruits and vegetables that have the most pesticide residue and the 15 with the least (check out this year's "Dirty Dozen and Clean 15" list below). As organic produce becomes increasingly more affordable and available, if you have the option, try to buy organic varieties of the fruits and vegetables that are on the Dirty Dozen list.



### DIRTY DOZEN:

Strawberries, nectarines, apples, peaches, pears, cherries, grapes, celery, tomatoes, sweet peppers, potatoes, and spinach

### CLEAN FIFTEEN:

Sweet corn, avocados, cabbage, onions, sweet peas, asparagus, eggplant, honeydew, mangoes, pineapple, papaya, kiwi, cantaloupe, cauliflower, and broccoli

# The Fruits by Category

**BERRIES** Fragile, juicy fruit with tiny seeds in the fleshy areas.

**BLACKBERRIES**

**BLUEBERRIES**

**GRAPES**

**STRAWBERRIES**

**RASPBERRIES**



**CITRUS** Firm rinds with juicy, pulpy flesh. Typically grown in warmer regions.

**GRAPEFRUITS**

**LEMONS**

**LIMES**

**ORANGES**



**DRUPES** Single pit or seed surrounded by fleshy area.

**APRICOTS**

**CHERRIES**

**PEACHES**

**PLUMS**



**MELONS** Hard outer surface with juicy flesh around the seeds.

**CANTALOUPE**

**HONEYDEW**

**WATERMELON**



**POMES** Smooth outer skin with a large fleshy area around the core.

**APPLES**

**KIWI**

**PEARS**



**TROPICAL** Diverse group of fruits grown in very warm regions.

**AVOCADOS**

**BANANAS**

**MANGOES**

**PINEAPPLE**

**POMEGRANATE**



# Home Freezing Guide For Fresh Fruits and Vegetables

## FOR THE FRUITS...

### WASH AND DRY THE FRUIT:

Rinse the fruit under cool running water. Lay the fruit in a single layer on a clean dish towel or several paper towels and allow to dry. The fruit needs to be completely dry before freezing or the fruit will quickly develop freezer burn.

### PREPARE THE FRUIT THE WAY YOU EXPECT TO BE USING IT:

If you will be using the fruit in a pie, slice it into chunks or wedges. If you will be blending it into smoothies, roughly chop.

- *Apples and Pears:* Core and cut into slices or chunks. Peels can be left on or removed as preferred.
- *Peaches, Nectarines, Plums and other Stone Fruit:* Remove the pits and cut into slices or chunks. Peels can be left on or removed as preferred.
- *Cherries:* Remove the pits and stems from all the fruits. Leave whole or slice in half.
- *Blueberries, Raspberries, and other Berries:* Berries can be left whole.
- *Strawberries:* Hull the strawberries and cut into chunks or slices as preferred.
- *Melons:* Remove the rinds and slice into chunks or use a melon baller to scoop rounds.

### ARRANGE THE FRUIT ON A BAKING SHEET:

Line a baking sheet with parchment, then arrange the fruit in a single layer on top. This allows the fruits to freeze individually, making them easier to store.

### FREEZE UNTIL THE FRUITS ARE SOLID:

Freeze until the fruits are solid, about 4 hours or longer as needed, but be sure to package them within a day or two or they will start to develop freezer burn. Lift the edges of the parchment to dislodge sticky fruits and use a spatula to transfer the fruits to the freezer container or bag. Avoid touching the fruit as it will start to thaw quickly. Seal tightly, pressing out as much air as possible.

### LABEL:

When ready to pack the fruit, label your freezer bags or other containers with the name of the fruit and the date frozen.

### FREEZE FRUIT FOR UP TO 3 MONTHS:

Fruits will keep for several months — at least 3 months and sometimes longer — before starting to develop ice crystals and freezer burn. There is usually no need to thaw the fruit before using it.



### ...AND FOR THE VEGGIES

#### SELECT AND WASH THE VEGGIES:

Select the highest quality, young, tender vegetables, at the ideal stage of maturity for freezing. Wash all vegetables thoroughly before beginning preparation and freeze as soon as possible after preparation.

#### BLANCH THE VEGGIES TO RETAIN BEST COLOR, FLAVOR & NUTRITION:

Blanching vegetables before freezing (except onions and peppers), preserves their quality, by destroying the enzymes that can alter their color, texture and flavor during storage.

#### TO BLANCH:

1. Bring water to a rolling boil in a large covered pot. Use 4 L. (16 cups) of water for every 500g (1 lb.) of veggies; use 8L (32 cups) of water for leafy vegetables.
2. Place clean, trimmed veggies in a wire basket, lower gently into boiling water or add vegetables all at once to the boiling water. Stir. Cover and immediately begin to count blanching time.
3. Keep the heat on high to quickly return water to a boil. Blanch according to recommendations for each vegetable (see Frozen Food storage guide) - do not over or under blanch.

#### CHILL THE VEGGIE IMMEDIATELY:

Once blanching is complete, remove from boiling water and immediately plunge food into ice-cold water to stop the cooking process. Drain vegetables to remove water (a salad spinner is ideal for this).

#### LABEL & FREEZE UNTIL THE VEGGIES ARE SOLID:

Place chilled vegetables in labeled freezer containers/bags, remove excess air then freeze. For best results, freeze no more than 1.5kg (3 lb.) at a time. Many veggies can be frozen as individual pieces. Spread on a shallow pan, freeze until firm (1 hour), then pack in freezer containers or bags and label.

#### FREEZE VEGGIES FOR UP TO 1 YEAR:

Vegetables store better than fruit when frozen. As a result, they can stay in the freezer for up to a year. Most veggies do not need to be thawed before cooking. However, corn on the cob should be thawed slightly before cooking. If thawing is necessary, thaw vegetables in their sealed packages at room temperature. Since frozen veggies have been blanched they require less cooking time than fresh veggies.





# FROZEN FOOD STORAGE
























This guide has everything you need to know about how to properly store food in your freezer, so that you can cook more and save more.

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KEY		DAIRY				PRODUCE			
* FREEZE	SS THAWED	🍴 USE IN	🧈 BUTTER 6 TO 9 MONTHS	🧀 CHEESE 6 MONTHS	🥚 EGGS 12 MONTHS	🥛 MILK 3 TO 6 MONTHS	🥛 YOGURT 1 TO 2 MONTHS	🍏 APPLES 12 MONTHS	🥕 CARROTS 6 TO 8 MONTHS
🌿 ASPARAGUS 8 TO 10 MONTHS	Blanch 2-4 min, spread on a tray. When frozen, transfer to bags and refreeze	Taste and texture will be the same as when blanched	Sautés, stir-fries, soups, bakes						
🥑 AVOCADOS 4 TO 5 MONTHS	Peel and mash or puree with a bit of lemon juice	Surface will turn brown	Dips, spreads, baked goods						
🍌 BANANAS 8 MONTHS	Chop or mash, and portion into bags	Frozen bananas will turn brown	Baked goods, oatmeal, smoothies						
🍷 BEETS 12 MONTHS	Cook and cool. Chop and portion into bags or containers	Taste and texture will be the same as when cooked	Soups, sautés						
🍇 BERRIES 6 TO 8 MONTHS	Spread on a tray. When frozen, transfer to bags and refreeze	Berries will get mushy and release liquid	Baked goods, smoothies, fruit soups						
🥦 BROCCOLI 6 TO 8 MONTHS	Chop, blanch 3 min, portion into bags	Taste and texture will be the same as when blanched	Sautés, stir-fries, soups, stews, bakes, frittatas, omelets						
🥬 CAULIFLOWER 6 TO 8 MONTHS	Chop, blanch 3 min, portion into bags	Taste and texture will be the same as when blanched	Sautés, stir-fries, soups, stews, bakes, frittatas						
🌿 CELERY 6 TO 8 MONTHS	Chop, blanch 3 min, portion into bags	Celery will lose its crispness and turn soft	Sautés, stir-fries, soups, stews, bakes						
🌽 CORN 6 TO 8 MONTHS	Remove kernels and blanch 4 min. Spread on a tray. When frozen, transfer to bags and refreeze	Taste and texture will be the same as when blanched	Sautés, stir-fries, soups, bakes, frittatas, omelets						
🧄 GARLIC 10 TO 12 MONTHS	Peeled or unpeeled individual cloves. Or peel, chop, and double bag to prevent odors from escaping	Garlic will lose its crunchiness, but still have its strong flavor	Use as you would use fresh garlic						
🍇 GRAPES 3 TO 5 MONTHS	Spread on a tray. When frozen, transfer to bags and refreeze	Taste and texture will be the same as before freezing	Eat frozen like a popsicle or use in smoothies						
🥬 GREEN BEANS 6 TO 8 MONTHS	Blanch 3 min, portion into bags	Taste and texture will be the same as when blanched	Sautés, stir-fries, soups, bakes, frittatas						
🌿 HERBS 12 MONTHS	Remove stems, chop, pack tightly into ice cube tray, and fill with water, oil, or broth. Once frozen, pop out of trays and store in bags or containers	Taste will be the same as before freezing	Add to sautés, stir-fries, frittatas, omelets, bakes, soups, stews						

# FROZEN FOOD STORAGE

This guide has everything you need to know about how to properly store food in your freezer, so that you can cook more and save more.

KEY		PRODUCE (CONTINUED)		PROTEINS	
 FREEZE	 THAWED	 USE IN	 <b>LEAFY GREENS (SPINACH, KALE, CHARD)</b> 8 MONTHS	 <b>MELONS</b> 9 TO 12 MONTHS	 <b>MUSHROOMS</b> 9 TO 12 MONTHS
 <b>PEPPERS, SWEET BELL &amp; HOT</b> 3 TO 4 MONTHS	 <b>TOMATOES</b> 3 TO 4 MONTHS	 <b>ZUCCHINI &amp; SUMMER SQUASHES</b> 8 MONTHS	 <b>WINTER SQUASHES</b> 9 TO 12 MONTHS	 <b>BACON &amp; PANCETTA</b> 6 MONTHS	 <b>BEEF</b> COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS
 <b>HAM</b> 6 TO 8 MONTHS	 <b>GROUND MEAT</b> COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS	 <b>FISH</b> COOKED OR FRESH 6 TO 9 MONTHS	 <b>NUTS</b> 1 TO 2 YEARS	 <b>PORK</b> COOKED 2 TO 3 MONTHS FRESH 6 TO 8 MONTHS	 <b>POULTRY</b> COOKED 4 MONTHS FRESH 9 TO 12 MONTHS
 <b>PEAS</b> 12 MONTHS	 <b>ONIONS</b> 3 TO 6 MONTHS	 <b>OKRA</b> 8 MONTHS	 <b>DELI MEATS</b> 2 TO 3 MONTHS	 <b>SAUSAGES, COOKED</b> 6 TO 8 MONTHS	

Remove stems, blanch 2-4 min, squeeze out all excess water, chop, portion into bags  
Taste and texture will be the same as when blanched  
Smoothies, soups, bakes, frittatas, omelets

Chop and spread on a tray. When frozen, transfer to bags and refreeze  
Melon will become soft  
Smoothies, fruit soups

Cook, cool, and portion into bags or containers  
Taste and texture will be the same as when cooked  
Sautés, stir-fries, frittatas, omelets, bakes, soups, stews

Blanch 3-4 min, portion into bags  
Taste and texture will be the same as when blanched  
Gumbo, stews, sautés, fried

Chop and double bag to prevent odors from escaping  
Onions will lose their crispness and release water  
Soups, stews, stock, sautés, stir-fries

Shell, blanch 1-2 min, portion into bags  
Taste and texture will be the same as when blanched  
Sautés, stir-fries, soups, frittatas, omelets, bakes

Stem, remove membranes, chop, spread on a tray. When frozen, transfer to bags and refreeze  
Peppers will develop ice crystals, so for best quality, use as soon as possible. They will get soft the longer they freeze.  
Sautés, stir-fries, soups, bakes, frittatas, omelets

Cut out the 'scar' where the stem was attached. Portion into bags or containers  
Tomatoes will become mushy  
Dice or puree for soups, stews, sauces

Chop, blanch 3 min, then portion into bags  
Summer squashes will become a little soft  
Soups, stews, bakes, sautés, frittatas, omelets

Cube and cook by roasting, steaming, or boiling. (Optional: puree or mash)  
Taste and texture will be the same as when cooked  
Soups, stews, bakes, dips, baked goods (pumpkin)

In an air-tight bag or container  
Taste and texture will be the same as before freezing  
Use as you would use fresh bacon

In an air-tight bag or container  
Cooked - will lose some moisture; Fresh - same as before freezing  
Cooked - sautés, stir-fries, soups, stews, bakes; Fresh - use as you would unfrozen

In an air-tight bag or container  
Same as before freezing  
Grilled cheese sandwiches, melts, chopped for omelets, frittatas, bakes

In an air-tight bag or container  
Same as before freezing  
Use as you would use fresh ham

In an air-tight bag or container  
Same as before freezing  
Burger patties, meatloaf, sautés, soups, stews, frittatas, omelets, bakes

In an air-tight bag or container  
Cooked - will lose some moisture; Fresh - same as before freezing  
Cooked - sautés, stir-fries, soups, bakes; Fresh - use as you would unfrozen

In an air-tight bag, so that odors will not get in  
Toast to add crispness, but taste and texture will be the same as before freezing  
Salads, baked goods, and garnish on sautés, stir-fries, frittatas

In an air-tight bag or container  
Cooked - will lose some moisture; Fresh - same as before freezing  
Cooked - sautés, stir-fries, soups, stews, bakes; Fresh - use as you would unfrozen

In an air-tight bag or container  
Cooked - will lose some moisture; Fresh - same as before freezing  
Use as you would use unfrozen cooked sausages

# FROZEN FOOD STORAGE

This guide has everything you need to know about how to properly store food in your freezer, so that you can cook more and save more.

KEY		PROTEINS (CONTINUED)		PREPARED FOODS	
	<b>FREEZE</b>		<b>SHRIMP</b> 6 TO 8 MONTHS		<b>TOFU</b> 3 TO 5 MONTHS
	<b>THAWED</b>		<b>CASSEROLES</b> 3 TO 4 MONTHS		<b>PASTA &amp; NOODLES</b> 6 TO 8 MONTHS
	<b>USE IN</b>		<b>CANNED TOMATOES</b> 2 TO 3 MONTHS		<b>PESTO</b> 8 MONTHS   WITH CHEESE 4 MONTHS
			<b>TOMATO PASTE</b> 2 TO 3 MONTHS		<b>PIZZA</b> 4 TO 6 MONTHS
			<b>TORTILLAS</b> 6 TO 8 MONTHS		<b>RICE &amp; GRAINS</b> 4 TO 6 MONTHS
			<b>BROTH / STOCK (MEAT, VEGGIE, FISH)</b> 4 TO 6 MONTHS		<b>BEANS</b> 9 TO 12 MONTHS
			<b>SOUPS &amp; STEWS</b> 6 MONTHS		<b>BREAD &amp; BAKED GOODS</b> 3 TO 6 MONTHS

KEY



**FREEZE**



**THAWED**



**USE IN**

## PROTEINS (CONTINUED)



**SHRIMP**

6 TO 8 MONTHS

In an air-tight bag or container

Same as before freezing

Use as you would use fresh shrimp



**TOFU**

3 TO 5 MONTHS

In original packaging. If opened, wrap in plastic and put into a bag or container

Taste and texture will be the same as before freezing

Use as you would use unfrozen tempeh



**BREAD & BAKED GOODS**

3 TO 6 MONTHS

Wrap in a few layers of plastic wrap or foil, and place in an air-tight bag

Any ice crystals that form on bread or baked good will make them soggy

Enjoy as is; bread pudding, croissants (bread)



**BEANS**

9 TO 12 MONTHS

Cook, cool, and portion into bags or containers

Taste and texture will be the same as before freezing

Use as you would use cooked beans



**BROTH / STOCK (MEAT, VEGGIE, FISH)**

4 TO 6 MONTHS

Pour into ice cube trays or small bags or containers with space for liquid to expand

Taste and texture will be the same as before freezing

Use as you would use unfrozen stock



**CANNED TOMATOES**

2 TO 3 MONTHS

Portion into ice cube trays, bags, or containers

Taste and texture will be the same as before freezing

Use as you would use unfrozen canned tomatoes



**CASSEROLES**

3 TO 4 MONTHS

Freeze without toppings. If casserole is cooked, cool before freezing. Use a freezer-friendly container that is also oven-safe, and wrap tightly

For uncooked casseroles, baking time will need to be increased.

Enjoy as is



**PASTA & NOODLES**

6 TO 8 MONTHS

Cook, cool, and portion into bags or containers

Depending on how long it was in the freezer, it will have dried out some

Sauté, stir-fries, soups, bakes



**PESTO**

8 MONTHS | WITH CHEESE 4 MONTHS

Portion into ice cube trays. When frozen, transfer to bags and refreeze

Taste and texture will be the same as before freezing

Sauté, soups, stews, omelets, fritatas, bakes



**RICE & GRAINS**

4 TO 6 MONTHS

Cook, cool, and portion into bags or containers

Taste and texture will be the same as before freezing, if used quickly

Fried rice, soups, stuffed veggies



**SOUPS & STEWS**

6 MONTHS

Portion into serving size containers with space for liquid to expand

Taste and texture will be the same as before freezing

Enjoy as is



**TOMATO PASTE**

2 TO 3 MONTHS

Spoon into ice cube trays. When frozen, transfer to bags and refreeze. Or put into bags and break off pieces as needed

Taste and texture will be the same as before freezing

Use as you would use unfrozen tomato paste



**TORTILLAS**

6 TO 8 MONTHS

Separate each tortilla with a piece of wax paper or parchment. Wrap in a few layers of plastic or in an air-tight bag

Tortillas will dry out a bit

Use as you would use unfrozen tortillas

