



Food
Preservation
for Youth

Method 4: Freezing (Beg.)

Freeze My Berries

Ingredients:

- 3 pints berries (may be all the same type or different types; blueberries work well for making comparisons of different types of pack)
- $\frac{3}{8}$ cup sugar ($\frac{3}{8}$ cup = $\frac{1}{4}$ cup + 2 tablespoons)
- Ingredients from 'Want to Experiment?' (optional)

Equipment:

- Freezer
- Freezer bags (pint-size) or plastic freezer containers with lids (pint-size)
- Permanent marker, or ink pen if writing on bags
- Colander
- Paper towels (optional)
- Large bowl
- Sheet pans/cookie sheets
- Dry measuring cups
- Measuring spoons
- Large spoon for mixing
- Headspace tool
- Tape or other tool to use as divider if using just one sheet pan
- Freezer tape (optional, if using freezer containers)
- Labels (optional)



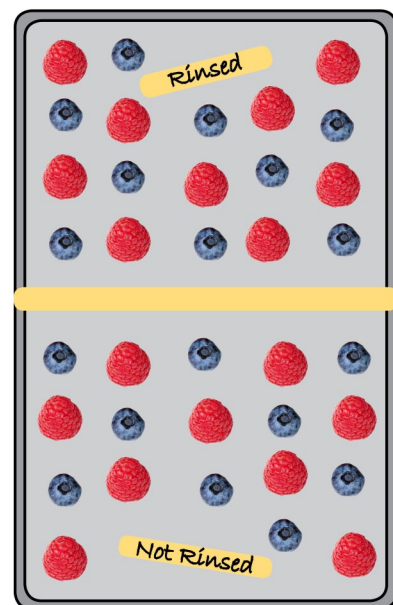
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- ___ Wash hands for 20 seconds and dry well.
- ___ Assemble equipment and ingredients.
- ___ If using freezer containers, wash containers and lids in warm soapy water, rinse well and dry.
- ___ Label three lids or bags with the type of berries and the date. Write "Not Rinsed" on one, "Rinsed" on another, and "Sugar Pack" on the third.
- ___ Remove leaves and stems. Discard under-ripe (hard), over-ripe (squishy), or spoiled (moldy) fruit.
- ___ Rinse one pint of berries in cold water in a colander. Drain rinsed berries in colander.
- ___ Spread out the pint of rinsed berries onto half of a sheet pan, and one pint of un-rinsed but clean berries onto the other half of the sheet pan (the berries could be previously washed, but they need to be totally dry). Place a piece of tape down the middle of the sheet pan to separate the rinsed from the un-rinsed, or use two sheet pans. Use a piece of tape to label "Rinsed" and "Not Rinsed".
- ___ Carefully place in the freezer, keeping the sheet pan flat so berries do not touch.
- ___ Freeze overnight, or for at least 1 hour.

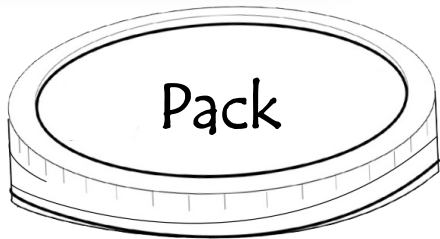




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- ___ Rinse another pint of berries. Gently mix these rinsed berries with $\frac{3}{8}$ cup ($\frac{1}{4}$ cup + 2 tablespoons) sugar and stir until the sugar is dispersed evenly.
- ___ Put sugared berries into containers/bags, leaving $\frac{1}{2}$ -inch headspace. If using bags, fill to $\frac{1}{2}$ -inch from top and gently press on bag (without squishing) to remove as much air as possible before closing. If lids do not fit tightly onto containers, then apply freezer tape around lids.
- ___ Place containers/bags in the coldest part of the freezer: the back and sides. If there are shelves, place containers in contact with shelves to freeze quicker.
- ___ Now, back to the berries on the trays...Once the berries on the sheet trays are frozen, pack them into their correctly labeled containers or bags. Remember to leave $\frac{1}{2}$ -inch headspace and to remove air from bags or add tape to sealing area of container if needed.
- ___ Place the bags/containers towards the back and sides of the freezer, placing them on shelves if available.
- ___ For best quality, keep freezer temperature at 0°F and eat within 8 to 12 months.

