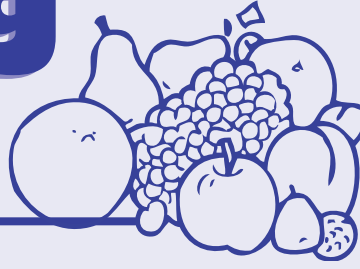


Freezing Fruits



Steps in Freezing Fruits

- Gather supplies.
- Sort, wash, drain well.
- Prepare as for table use. Hull, peel, pit, slice or crush according to the intended use.
- Treat light-colored fruits, such as peaches, pears, apples, etc., to keep them from turning dark.
- Stir in sugar or add fruit to sugar syrup, or pack unsweetened.
- Package in suitable freezer containers.
- Label. Freeze immediately, and store at zero degrees F.

You can enjoy the delicious flavor of fresh fruits year-round by freezing fruits and berries during the short season when they are plentiful and relatively inexpensive. Fruits that are frozen have color, flavor, texture and nutritive value more like fresh fruits than those preserved by canning or drying or made into jellies, jams and preserves.

Freezing will not improve the quality of any food but will maintain it if recommended procedures are followed.

Gathering Supplies

Get all supplies together before you begin. Fruit should be placed in the freezer as quickly as possible after preparation.

Do not use bowls, pans and knives of iron, copper, galvanized tin or chipped enameled ware when working with acid fruit. Discoloration and metallic off-flavors may result. Acid fruits and juices may dissolve zinc from galvanized tin. This may be poisonous. Copper destroys vitamin C.

Selection

Select fruits for freezing that are at the best stage for eating fresh. They should be of high quality, firm and fully ripened. Underripe fruits will not have a sweet, natural flavor and may develop a bitter or off-flavor during frozen storage.

Make overripe fruits into jams and jellies if they are not sour.

Most fruits will improve for freezing if they are spread out in a clean, cool place and allowed to mellow and ripen thoroughly.

Preparation for Freezing

Wash fruit in cold water before it is hulled or peeled, gently lifting fruit from the water. Wash 2 to 3 times, or until water is clean. Don't leave fruit soaking in water. It gets soggy and loses flavor and vitamin C.

Drain thoroughly, then prepare just as you would for table use. Hull, peel, slice or crush according to intended use. As you peel light-colored fruits — pears, apples, etc. — drop them into cold salt water (2 tablespoons salt to a gallon of water) to prevent darkening. Most berries are frozen whole; strawberries are usually sliced.

Pretreatment for Browning of Light-colored Fruits

Apples, peaches, bananas, etc. quickly turn brown when cut because of the reaction of oxygen in the air and natural enzymes in the fruit. They darken even more during frozen storage unless pretreated with an antioxidant. Sugar and lemon juice help prevent darkening, but the most effective treatment is to use ascorbic acid (vitamin C) and sugar or a commercial color control mixture of ascorbic acid, citric acid and sugar, available in grocery or drug stores under various trade names.

Follow label directions for using commercial mixtures, but 1 tablespoon of the mixture to a cup of sugar is generally recommended. Use 1/2 teaspoon crystalline or powdered ascorbic acid (vitamin C) for each quart of syrup (for pears, use 1 teaspoon). Dissolve in a little cold water before adding to syrup. Crystalline or powdered ascorbic acid is more satisfactory than tablets. If tablets are used, crush before using and mix with a little water. One-half teaspoon of crystalline ascorbic acid is equivalent to 1500 milligrams of ascorbic acid (vitamin C) in tablet form.

Steaming fruits such as apples a few minutes before packing will control darkening.

Freeze with sugar, in a syrup or without sugar.



Freezing Fruits

Most fruit have a better color, flavor and texture if packed with sugar or syrup. Some freeze well without sugar, especially those with a firm, waxy skin such as blueberries, huckleberries, cranberries, grapes and muscadines. It is sometimes necessary to freeze fruit without added sugar, especially for those on diabetic, weight control or other special diets.

Sugar Pack

Soft fruits, such as peaches and sliced strawberries, are generally better if packed with dry sugar. The amount of sugar used depends on the tartness of the fruit and your own taste preference. One cup sugar to 4 to 5 cups fruit is about right for most people. Gently mix sugar and fruit. Let set about 10 minutes. Fruit will make its own syrup.

Syrup Pack

A medium syrup made in the proportion of 3 cups sugar to 4 cups water is usually used for freezing fruits. Stir until dissolved. Cool or chill. Fill freezing container 1/4 full of syrup. Slice fruit directly into syrup. Fill container, cover with syrup, leaving 1/2-inch headspace. Crumple a piece of waxed or freezer paper on top of the fruit then close the container. This keeps fruit beneath the syrup and excludes air so that it won't turn dark. Wipe edge of container, put lid on airtight.

Unsweetened Pack

Pack fruit in containers without sugar or syrup, or freeze in a single layer for a loose pack. Pack sliced or crushed fruit with its own juice or juice made from over-ripe fruit. For light-colored fruits, put 1/2-1 teaspoon ascorbic acid in 2 tablespoons cold water and gently mix with fruit until well-coated to prevent discoloration.

Fruit, especially berries, may be spread in a single layer on a cookie sheet or tray, covered and frozen until firm, then packaged in bags or containers and returned to the freezer. The fruit will not freeze solid, and you can pour out small amounts as needed.

Packaging and Freezing

Package fruits in moisture-vapor-proof materials and seal airtight to maintain highest quality. Freezer jars, rigid plastic freezing cartons and polyethylene freezer bags which fit into cardboard boxes are especially good for freezing fruits with sugar or syrup. The boxes keep sticky juices from leaking if the bag happens to get punctured. They also stack nicely in the freezer. Packer's jars (may-

onnaise, peanut butter, pickle, etc.) are not strengthened to withstand freezing temperatures and may break easily. Pack fruit solidly into containers, leaving 1/2-inch headspace. If jar has a narrow mouth, leave 1-inch headspace.

For bags, fill and push out as much air as possible.

Leave 1/2-inch headspace, then close tightly with a wire twist or rubber band.

- Label with name of fruit and date.
 - Freeze as quickly as possible and store at zero degrees F.
 - Work quickly with small quantities.
- Don't put more food in the freezer than can freeze solid in 24 hours. Slow freezing gives a poor quality product.



Thawing and Using

Frozen fruit is best if served before it completely thaws – while it still contains a few ice crystals. Thaw in the closed containers in the refrigerator, about 12 hours per unit. For fast thawing, place closed container in a bowl of cold water.

Frozen fruits generally maintain excellent quality for at least a year.

Refreezing Fruits

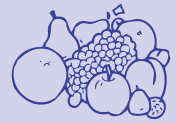
When frozen fruits thaw or partially thaw and are refrozen, they lose some of their quality. For best texture and flavor, they should be eaten while ice crystals are still present.

You may refreeze partially thawed fruit if it has been thawing for a short time, or if it still contains ice crystals or is very cold.

Completely thawed fruits which have remained cold for a day or two will be safe to eat if refrozen; however, texture will be considerably poorer. They should be used as soon as possible and will be better if used in cooked dishes. Jams and jellies may also be made from thawed fruits.

Fruits and fruit products may develop an undesirable flavor when thawed slowly and held for several days, even though they are stored in the refrigerator and are cold.

Discard any off-flavor or sour food. It may contain spoilage micro-organisms.



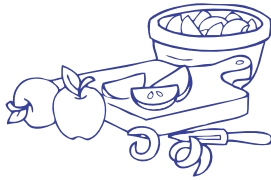
Preparing Fruits for Freezing

Apples

Select firm-ripe with distinctive flavor and free from bruised or decayed spots. Flesh should be firm, not mealy. Skin should be tight, bright and free from dark spots.

For uncooked desserts, fruit cocktail, etc. — Wash, peel, core. Fill freezing container 1/4 full of syrup containing ascorbic acid. Slice directly into syrup. Press slices down, cover with syrup, leaving 1/2-inch headspace. Crumple waxed paper on top, close container airtight; freeze.

For pies, cooked dishes, etc. Slice apples into cold salt water (2 T. per gallon water). Drain. Mix 1 part sugar, containing ascorbic acid, to 4 parts apples, or for unsweetened, sprinkle with small amount water containing ascorbic acid; mix to coat. Pack in cartons or freezer bags; seal and freeze.



Applesauce — Prepare as usual. Cool, pack solidly in freezing container leaving 1/2-inch headspace. Freeze.

Avocados

Select soft-ripe fruit free from dark blemishes.

Wash, peel, pit, mash or puree. Mix with 1/4 teaspoon ascorbic acid per quart mashed fruit. Sweetened: Mix 1 cup sugar to each quart puree. Pack, seal and freeze.

Bananas

Select fully ripe, soft bananas. (Long-term storage not recommended.) Satisfactory for cooking.

Peel and mash bananas. Mix 2 teaspoons ascorbic acid mixture and 1 tablespoon lemon juice with each cup mashed bananas. Pack solid in rigid containers, covering the surface snugly with a piece of plastic wrap before closing. Or pack in plastic bags and overwrap in heavy duty foil.

Berries

Select berries that are fully ripe, sweet, soft and plump with glossy skin and without pronounced seediness.

Dewberries, blackberries, boysenberries, raspberries, strawberries (see strawberries), blueberries (see Pub. 2209) — Freeze as quickly as possible after picking. Refrigerate or keep in coolest place available until prepared for freezing. Work with small quantities. Wash in cold water 2 or 3 times until clean, gently lifting berries from water. Drain well. (Blueberries should NOT be washed prior to freezing.)

Sugar Pack — Use about 3/4 cup sugar to each quart berries. Add 1 teaspoon ascorbic acid mixture to sugar. Mix gently; let set about 10 minutes to make syrup.

Blueberries, huckleberries, cranberries, elderberries — Other berries may be frozen unsweetened if necessary. Quality will not be as good, however. Blackberries may discolor and sour if not sweetened.

Syrup Pack — Put berries in rigid freezer container. Cover with cold 40% syrup (3 cups sugar to 4 cups warm water). Leave 1/2-inch headspace; crumple waxed paper on top of fruit, close airtight and freeze.

Whole, unsweetened berries — Pack gently in containers and freeze, or put in single layers on cookie sheet or tray, cover, freeze until firm, then package airtight and put back in freezer.

Cantaloupe (See Melons)

Cherries, Sweet

Select ripe fruit with uniform color in dark type, red blush in light types. Decay is hard to see in dark cherries — inspect carefully. Tender skin, rich flavor.

Keep cherries cold. Freeze as quickly as possible.

Whole, syrup pack — Sort, stem, wash in cold water, drain. Pitting optional, but pits do give a slight flavor. Pack in freezer containers. Cover with 40% syrup — 3 cups sugar to 4 cups water. Add 1/2 teaspoon ascorbic acid per quart syrup. Crumple waxed paper on top. Seal and freeze.

Whole, unsweetened — Wash and dry cherries. Leave stem on if desired. Pack in freezing containers, or freeze in single layer on tray, then pack, seal and freeze.

Crushed — Crush pitted cherries. Add 1 1/2 cups sugar and 1/4 teaspoon ascorbic acid to each quart berries. Stir until sugar dissolves. Pack, seal and freeze.

Cherries, Sour

Select fruit with uniform bright red color, plump-looking surfaces and fresh stems; tart, tangy flavor.

Keep cold. Freeze as quickly as possible. Wash in cold water. Pit if desired (soaking in ice water makes pitting easier).

Sugar Pack for pies, jams, other cooked dishes — one cup sugar to each quart fruit. Mix until sugar dissolves; pack, seal and freeze.

Syrup Pack for uncooked desserts — Pack cherries in freezing containers. Cover with 60% syrup (8 cups sugar to 4 cups water). Crumple waxed paper on top. Seal and freeze.



Freezing Fruits

Coconut

Check to see that shell is not cracked and that it still contains coconut milk.

Drain coconut milk. To make it easier to shell, heat in 350° F. oven about 30 minutes. Cool. Break shell with hammer and remove. Break meat into large pieces, pare off brown rind and grate.

Plain Pack — Press firmly into freezing containers. Seal and freeze.

Sweetened — Mix 1/2 cup sugar with 6 cups grated coconut. Pack firmly into container. Seal and freeze.

Crabapples

Select firm, crisp crabapples, about 1/4 of them firm-ripe and the others fully ripe.

Sort, wash and remove stem and blossom ends. Do not pare or core. Cut into small pieces, add water not quite to top of fruit, cover and bring to a boil. Simmer about 30 minutes, or until tender. Extract juice. Recook pulp and extract a second time or save pulp for jam or butter. Juice and/or pulp may be frozen separately. To freeze juice or pulp, put into freezing containers. Leave 1/2-inch headspace for pint containers, 1 inch for quarts. Seal and freeze.

Cranberries

Select fruit with deep red, uniform color; firm and plump with glossy skin and tart flavor.

Sort, stem, wash and drain. Pack dry. Seal and freeze. Or if purchased in cellophane bags, may be frozen as is for several weeks. Wash, drain and use without thawing.

Figs

Color and size depend upon variety. Select soft, fully ripe fruit with tender skin and flesh, a rich aroma and flavor.

Sort, wash in cold water; stem. Peel if desired. (Peel toughens on freezing.) Leave whole, halve or slice.

Unsweetened — Pack dry or cover with water. Add 3/4 teaspoon ascorbic acid to each quart water. Seal and freeze. Freeze whole figs in single layer on cookie sheet, if desired. Package tightly and freeze. Use within 3 months unless they are to be cooked.

Syrup Pack — Pack figs in container. Cover with a light cold syrup (1 to 2 cups sugar per quart water; add 3/4 teaspoon ascorbic acid or 1/2 cup lemon juice per quart syrup). Crumple waxed paper on top. Seal and freeze.



Fruit Juices

Most fruit juices make excellent frozen products, retaining fresh flavor from one season to the next.

Prepare juice by your favorite recipe. Cool, pack in freezer jars or freezer boxes, leaving adequate headspace. Seal, label and freeze.

Fruit juice concentrates, such as orange, cannot be made successfully at home.



Grapefruit

Select fully matured, tree-ripened fruit.

Wash and peel, cutting deep enough to remove white membrane under the peel. Section, using stainless steel knife. Remove membranes and seeds. Collect juice from peeling process to cover fruit. Freeze with or without syrup.

Sweetened — Cover fruit with cold syrup (3 cups sugar to 4 cups liquid — juice and/or water). Crumple waxed paper on top. Seal and freeze.

Grapes

Are satisfactory only for jams, jellies, pies, etc. Flavor is generally poor in frozen grapes.

Select fruit that is firm-ripe with tender skins.

Sort, wash and stem. Leave seedless grapes whole. Cut others in half and remove seeds. Pack, seal and freeze.

Sweetened — Pack; cover with cold syrup (3 cups sugar to 4 cups water). Crumple waxed paper on top. Seal and freeze.

Grape Juice and Puree — Crush grapes, heat to boiling. Strain off juice, cool and freeze separately. Cool crushed grapes. Remove seeds and hulls with a food mill, or by pressing through a sieve. Mix 1 cup sugar with 5 cups puree. Cool. Pack, leaving 1/2-inch headspace. Seal and freeze. (May have a gritty texture due to tartrate crystals. These will dissolve when puree is heated.)

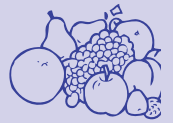
Guava

Select fruit that is ripe and tender.

Wash, peel, cut in half. Cook in syrup until just tender (use 1 to 2 cups sugar to 4 cups water). Cool. Pack, cover with cold syrup, seal and freeze.

Kumquats

They should be heavy for their size, bright, glossy and not shriveled. Flavor is tart at the beginning of the season, becoming sweeter as the season progresses.



Sprinkle 1 tablespoon soda over each quart fruit. Cover with boiling water. Let cool; pour water off and rinse 2 to 3 times. Cut in half; remove seeds. Add water almost to top of fruit. Bring to a boil and cook until tender; about 15-20 minutes. Cool. Pack fruit and juice in rigid freezer container. Seal and freeze. Use for marmalade, etc.

Lemon, Lime Juice (See Fruit Juice)

Heat whole fruit to get most complete juice extraction. Squeeze juice, remove seeds and freeze in rigid containers, or freeze in ice cube trays and package in plastic freezer bags.

Loquats (Japanese Plums)

Select golden, fully ripe fruit that is not excessively soft. The fruit is easily bruised, making it difficult to store.

Wash freshly picked fruit, remove stem and blossom end. Peel if desired. Cut open; remove seeds. Cook until tender in light syrup (2 cups sugar to 4 cups water). Cool. Pack in container and cover with cold syrup containing 1 teaspoon ascorbic acid mixture per cup, or pack raw in containers and cover with syrup. Crumple freezer paper on top to keep fruit under juice. Seal and freeze.

Puree — Cook fruit until soft in a small amount of water. Mash and press through a sieve or mix in a blender. Add sugar and lemon juice to taste. Heat to boiling. Chill, pack in rigid freezer containers, leaving 1/2-inch headspace. Seal and freeze.

Melons

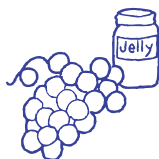
Serve while partially frozen. When completely thawed, flesh is flabby.

Select firm-fleshed, fully matured ripe melons that are sweet and full-flavored. Cut in half, remove seeds and peel. Cut in cubes, balls or small slices. Pack melon portions in freezer containers and cover with a 30% syrup (2 cups sugar to 4 cups water). Allow about 2/3 cup syrup per pint fruit. Leave 1/2-inch headspace. Crumple waxed paper on top of fruit. Seal and freeze.

Muscadines

Select firm, ripe fruit. Suitable for jellies, preserves, fruit butter.

Sort, wash, separate cores from hulls. This can be done easily by pressing between fingers — cores pop out. Barely cover hulls with water; cook until tender, about 30 minutes. Cool, pack and freeze hulls and juice if desired. Or, extract juice and freeze for jelly. Leave sufficient headspace.



Nectarines

(See peaches)

Oranges

Navel oranges do not freeze as well as other varieties. They may become bitter.

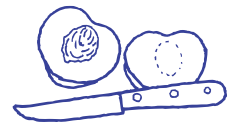
Select tree-ripened, firm, ripe fruit heavy for its size; free from decayed spots; sweet, full flavor.

Wash. Peel, cutting deep enough to remove white membrane under the peel. Section, using stainless steel knife. Remove membrane and seeds. Save juice from peeling process to cover fruit. Freeze with or without syrup.

Sweetened — Cover fruit with cold 40% syrup (3 cups sugar to 4 cups liquid). Use juice from the fruit as part of liquid. Seal and freeze.

Peaches

Select well-ripened fruit and handle carefully to keep from bruising.

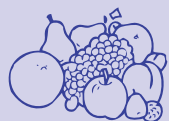


Wash and peel. Hand peeling gives a more attractive frozen product, but it's much easier to dip peaches in boiling water for 30-60 seconds, then immediately into cold water. Skins slip right off. Drop peeled fruit directly into salt water (see section on pretreatment to prevent browning). Drain and slice. Freeze with sugar, in a syrup, or unsweetened. Sugar gives a better quality frozen product.

Sugar Pack — Add 1/4 teaspoon ascorbic acid or 1 teaspoon commercial ascorbic acid mixture to each cup sugar. Mix 1 cup sugar with 4 to 5 cups sliced peaches. Stir gently. Allow to stand 10-15 minutes for syrup to form. Package in moisture-vapor-proof containers or plastic bags in cardboard covered boxes. Leave 1/2-inch headspace. Crumple waxed paper on top of peaches in rigid containers to keep peaches under juice. Seal airtight and freeze.

Syrup Pack — Make syrup using 1 cup sugar to each 2 cups water. Add 1/4 teaspoon ascorbic acid or 1 teaspoon ascorbic acid mixture to each cup syrup. Fill freezer container 1/4 full syrup. Slice peaches directly into container. Cover with syrup, leaving 1/2-inch headspace. Crumple waxed paper on top, seal and freeze as above.

Unsweetened — Dissolve ascorbic acid or commercial ascorbic acid mixture in a little water. Sprinkle over peaches and stir gently, making certain they are well-covered. Package as above.



Freezing Fruits

Pears

Choose an eating variety for freezing, such as the Baldwin, Orient or LaConte. Pick pears when mature but still greenish. Store in a brown paper bag or box in a cool humid place to ripen.

Wash, peel, core and slice into salt water. Place slices in boiling water or syrup for 1 to 3 minutes. Drain and cool. Pack in freezer containers and cover with cold medium syrup (3 cups sugar to 4 cups water), leaving 1/4-inch headspace. To each quart of syrup, add 1 teaspoon ascorbic acid, 1/4 cup lemon juice, or commercial control according to label directions. Crumple waxed paper on top of pears, seal and freeze.

Without sugar – Pack sliced pears into freezing container. Cover 2 cups of prepared fruit with a mixture of 1 cup water, 2 one-gram packages artificial sweetener, and 1/2 teaspoon commercial ascorbic acid mixture. Package as above. Serve while pears still contain ice crystals.

Persimmons

Select soft-ripe, golden or orange, and without a strong astringent taste.

Wash, peel, cut into sections and press through a sieve. Mix 1 cup sugar with 6 cups puree. Pack, seal, freeze.

Whole – Best if used within 3 months. Wash and dry. Remove stem ends. Freeze, unwrapped, on a tray. Package in plastic bags or wrap individually in heavy duty foil.

To Use – Hold frozen fruit under water and slip or rub off skins. Eat while partially frozen. When thawed, fruit darkens and becomes soft and limp.

Pineapple

Select fully ripe fruit (leaves pull out easily) with dark orange-yellow color and full, fragrant odor. It decays readily, so look for dark areas at base or around eyes, sour odor, mold or moisture. Light-colored area on side indicates sunburn. Fruit will be hard, dry, pithy.

Peel, remove eyes. Cut in slices and remove core. Leave in slices, or cut in cubes, wedges or crush. Pack.

Syrup — Mix 1 cup sugar to 8 cups fruit. Stir gently. Let set until sugar dissolves. Package.

Unsweetened — Pack slices in freezing containers with 2 pieces freezer paper between slices. Seal airtight and freeze.

Plums

Select tree-ripened fruit soft enough to yield to slight pressure. Should have a good, deep color and sweet taste.

Wash, halve and pit.

Sugar Pack – (for pies and other cooked dishes). Mix 1 cup sugar with 5 cups fruit. Let set until sugar dissolves. Pack, seal and freeze.

Syrup Pack – Fill freezer container 1/4 full of syrup (3 cups sugar to 4 cups water, plus 1 teaspoon ascorbic acid to each quart syrup). Add fruit. Press down; cover with syrup to within 1/2-inch of top. Crumple waxed paper on top. Seal and freeze.

Whole, Unsweetened – Wash; dry. Package in plastic freezer bags. Seal and freeze.

Rhubarb

Select fruit with firm, well-colored, tender stalks with few fibers. Early spring cuttings are best for freezing.

Wash, trim and cut into 1- or 2-inch pieces. It may be frozen raw, but will keep better color and flavor if blanched in boiling water for 1 minute. Cool in ice water. Drain, pack tightly and seal.

Syrup Pack – Pack raw or blanched. Cover with 40% syrup – 3 cups sugar to 4 cups water. Seal and freeze.

Strawberries

Select firm, vine-ripened fruit, full-red.

Wash berries a few at a time in cold water, lifting fruit out of the water. Repeat 2 or 3 times until water is clean. Drain thoroughly. Hull. Sliced berries mixed with dry sugar maintain firmness, flavor and color best, and can be stored for a longer time. Medium and small berries can be left whole.

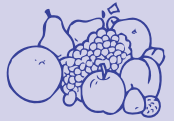
Sugar Pack – Add 1 cup sugar with 1 teaspoon commercial ascorbic acid mixture to 4 or 5 cups sliced berries. Mix carefully. Let stand a few minutes until sugar dissolves and syrup is formed. Pack berries in moisture-vapor-proof containers, leaving 1/2-inch headspace. Crumple waxed paper or freezer paper on top to hold berries under juice. Seal airtight and freeze.

Whole, Unsweetened – Place berries in single layer on cookie sheet or tray, cover lightly and freeze until firm. Package tightly, seal and return to freezer. (Storage time for these – about 3 months.)

Whole, Sweetened – Whole berries retain better quality if covered with syrup. Put drained berries in freezer container, cover with cold syrup (3 cups sugar to 4 cups water). Package same as sugar pack.

Watermelon

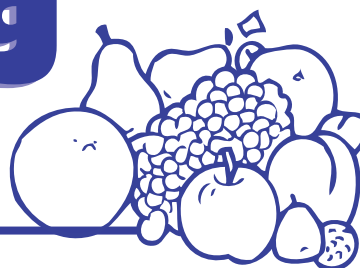
(See Melons)



Approximate Yield When Freezing Fruits

Fruit	Fresh, as Purchased or Picked	Frozen
Apples	1 Bushel (48 lbs.)	32 to 40 pints
	1 Box (44 lbs.)	29 to 35 pints
	1 1/4 to 1 1/2 lbs.	1 pint
Avocados	4 medium sized	1 pint
Berries (except strawberries)	1 Gallon	5 to 6 pints
	2 to 3, 1/2 pint baskets	1 pint
Cantaloupe	1 dozen (28 lbs.)	22 pints
	1 to 1 1/4 lbs.	1 pint
Cherries, sweet or sour	Lug (23 to 27 lbs.)	15 to 18 pints
	1 1/4 to 1 1/2 lbs.	1 pint
Coconut	1 to 1 1/4 coconuts	1 pint
Cranberries	1 Peck (8 lbs.)	16 pints
	1 Pound	2 pints
Figs	1 Gallon	6 to 7 pints
	5 to 6 pound box	6 to 7 pints
	3/4 to 1 lb.	1 pint
Grapefruit	2 medium (2 lbs.)	1 pint
Grapes	Lug (28 lbs.)	14 to 16 pints
	4 basket crates (20 lbs.)	10 to 12 pints
	2 lbs.	1 pint
Nectarines	Lug (average 20 lbs.)	13 to 20 pints
	1 to 1 1/2 lbs.	1 pint
Oranges	3 to 4 medium oranges	1 pint
Peaches	Bushel (46 to 50 lbs.)	30 to 50 pints
	Lug (average 20 lbs.)	13 to 20 pints
	1 to 1 1/2 lbs.	1 pint
Pears	1 Bushel (50 lbs.)	40 to 50 pints
	Lug (24 to 28 lbs.)	20 to 25 pints
	1 to 1 1/4 lbs.	1 pint
Persimmons	Lug (24 to 28 lbs.)	20 to 25 pints
	2 to 3 medium	1 pint
Pineapple	5 lbs.	4 pints
Plums	Lug (average 25 lbs.)	16 to 25 pints
	1 Gallon	6 to 7 pints
	1 to 1 1/2 lbs.	1 pint
Rhubarb	Lug (25 to 30 lbs.)	25 to 45 pints
	2/3 to 1 lb.	1 pint
Strawberries	12 basket flat, pint baskets (12 to 14 lbs.)	9 to 10 pints
	1 1/3 pints	1 pint

Freezing Fruits



Authors:

Beth Reames, Ph.D., LDN, RD
Ruth M. Patrick, Ph.D. (retired)
School of Human Ecology

Visit our Web site: www.lsuagcenter.com

Louisiana State University Agricultural Center

William B. Richardson, Chancellor

Louisiana Agricultural Experiment Station

David J. Boethel, Vice Chancellor and Director

Louisiana Cooperative Extension Service

Paul D. Coreil, Vice Chancellor and Director

Pub. 2110

(5M)

3/07 Rep.

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

This material is based upon work supported by the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture, under Award No. 2006-41210-03363. All opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U. S. Department of Agriculture.