

How to save vegetables for future meals

Freezing blanched vegetables

1. Wash and cut vegetables like you would for a meal.
2. Boil vegetables for 3 to 4 minutes.
3. Remove cooked vegetables from boiling water and shock them in a bowl of 1/2 ice and 1/2 water. This stops the vegetable from cooking more.
4. Put vegetables in a single layer on a baking sheet.
5. Place baking sheet in freezer for 2 to 3 hours or until frozen solid.
6. Remove vegetables from baking sheet with spatula and place into a sealed bag.
7. Return to freezer immediately.

Frozen vegetables will last for at least a year.

Good vegetables for blanching: greens, broccoli, cauliflower, green beans, carrots, corn, peppers and celery.

Freezing cooked meals

1. Create favorite cooked vegetable recipe such as greens and tomatoes.
2. Cool vegetable dish in refrigerator for 1 to 2 hours in a bowl.
3. After cooled, place in a freezer-safe, sealed container in freezer.



Frozen cooked vegetable meals will last for up to a year.

Examples of cooked vegetable dishes: mashed sweet potatoes, mashed winter squash, sliced beets and tomato sauce.

Dehydrating vegetables

1. Preheat oven to 140 degrees or warm setting.
2. Wash vegetables and remove any stems.
3. Slice vegetables in small, bite-sized pieces.
4. Place in a single layer on a baking sheet.
5. Place baking sheet in oven and dehydrate for 6 to 12 hours or until the vegetables are hard.

Vegetables will last for up to a year.



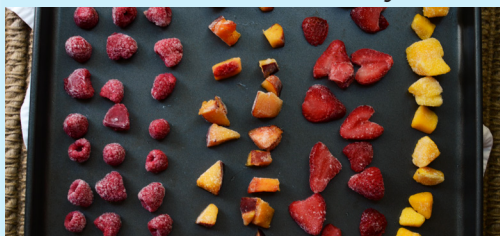
Tomatoes: 6 to 8 hours
Greens such as kale: 3 to 5 hours
Mushrooms: 4 to 8 hours

How to save fruit for future meals

Freezing fresh fruit

1. Wash fruit and remove any stems.
2. Cut fruit in small pieces or leave small fruits whole.
3. Put fruit in a single layer on a baking sheet.
4. Place baking sheet in freezer for 2 to 3 hours or until fruit is frozen solid.
5. Remove fruit from baking sheet with spatula and place into a sealed bag.
6. Return to freezer immediately.

Frozen fruit will last for a year.



Uses for frozen fruit: oatmeal, smoothies, jellies, pastries, chutney, cobblers, muffins or pies.

Freezing cooked fruit

1. Create favorite cooked fruit recipe such as applesauce.
2. Cool fruit dish in refrigerator for 1 to 2 hours in a bowl.
3. After cooled, place in a freezer-safe, sealed container in freezer.



Frozen cooked fruit will last for a year.

Examples of cooked fruit dishes: pureed fruit for baby food, cooked fruit sauce, banana pancakes or blueberry muffins.

Dehydrating fruit

1. Preheat oven to 140° or warm setting.
2. Wash fruit and remove any stems.
3. Slice fruit into small, bite-size pieces.
4. Place fruit in a mixture of water and lemon juice to keep from browning (1 cup water + 1 Tbl lemon juice).
5. Quickly remove fruit from water and place in a single layer on a baking sheet.
6. Place baking sheet in oven and dehydrate for 6 to 12 hours or until the fruit is hard.

Fruit will last for a year.



Apples: 6 to 12 hours
Bananas: 8 to 10 hours
Berries: 8 to 10 hours
Pineapple: 10 to 18 hours