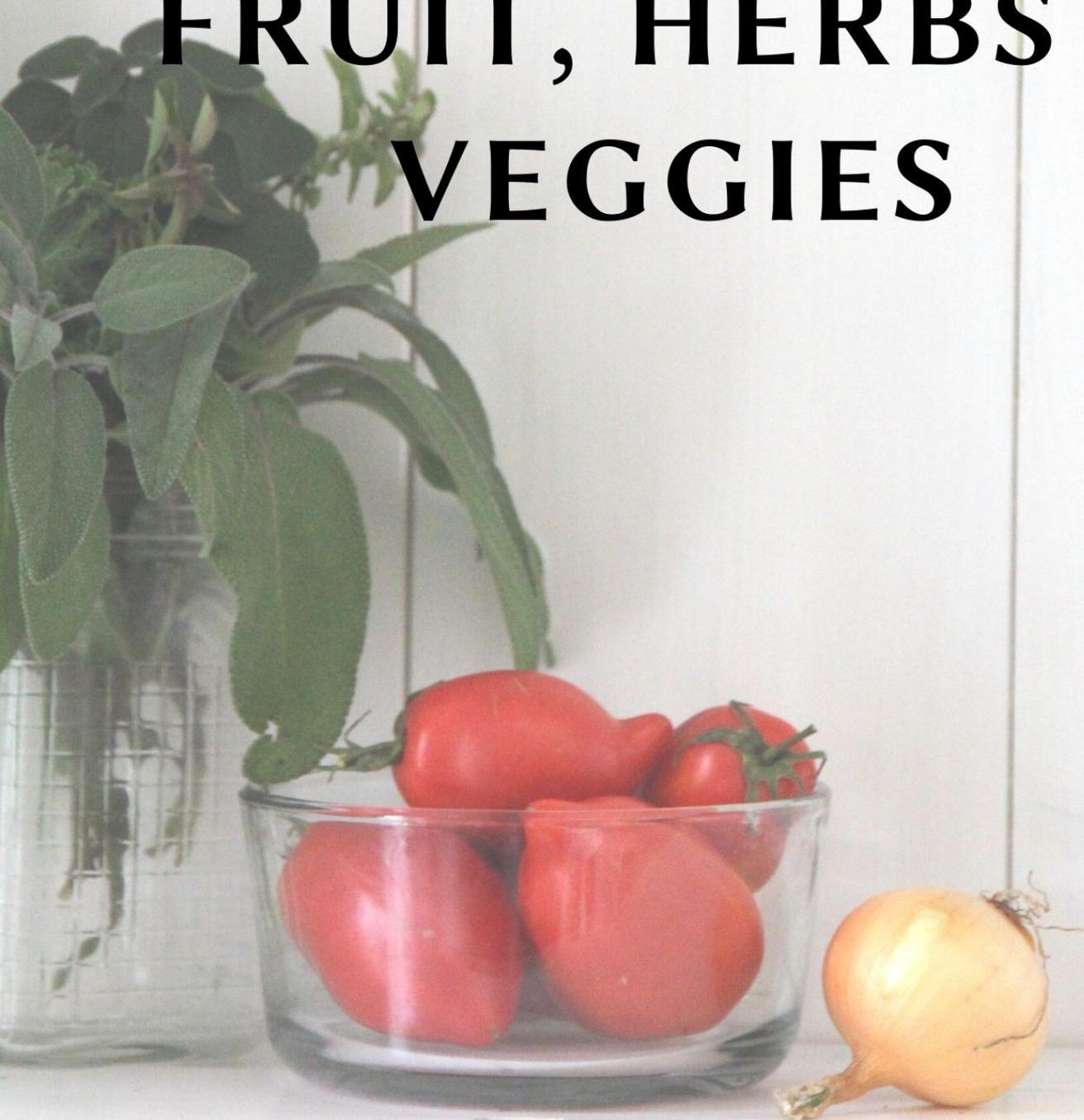


Your Guide to

FREEZING

FRUIT, HERBS &

VEGGIES



by Autumn Rose

About the Author

Hey there! I'm Autumn, a full time homemaker, gardener and real food cook. I live on a tiny farmstead in the mountains of British Columbia where my man and I raise and put up food for the table every year.

We practice a variety of food preserving methods, one of which is freezing! I know home canning is all the rage right now, that some people look down on this method of home food preservation.

But I'm not one of them!

When I can pull sweet corn, green beans or whole berries from my deep freeze in the dead of winter and taste the freshness of summer in my mouth? My only thought is that the freezer is an amazing tool, that every gardener and whole food cook should have one!

Because in many cases, freezing is the best way to retain a fresh food flavor and it's often one of the easiest methods of home food preservation.

So whether you want to put up fresh fruit, berries, vegetables, herbs or garden greens, this book will give you the direction and confidence you need to move forward!

All the best on your journey,
Autumn Rose



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Chapter 1: Preparing to Freeze Food

If you are searching for a quick and simple way to put food by for your family, there's no better option than the freezer! When properly prepared and packaged, frozen food will last for months, all the while retaining fresh flavor of many different fruits, greens, herbs and veggies!

In this e-book, I walk you through the process from start to finished. By the end, you should feel confident and capable of preserving the harvest for the family table.

So let's begin by talking about freezers and details you should think of if you're going to purchase one for storing your food.

I. What Type of Freezer Should I Choose?

There are many different freezer types and sizes a homemaker can choose from. Your decision should be based on how much space you need for food storage and also, how much space you have in your home.

Let's look at the 3 primary options currently available on the market today.

A. Refrigerator/Freezer Units

Refrigerator/freezer units don't offer much freezer space for food preservation, but because most of us have one in our home, let me quickly touch on it here.

Units should be at the bottom of your list when it comes to keeping food long term. Temperatures tend to fluctuate and because of this, food stored in a fridge/freezer unit won't last as long as they would in a stand-alone freezer.

So if you are planning to freeze a substantial amount of food for long term storage, you should consider getting a stand-alone freezer. They keep food better and offer *lots* more space!

B. Upright Freezer Units

When it comes to stand-alone freezers, there are two types you should consider: the upright and the chest freezer

An upright freezer is ideal for those who wish to store their foodstuff in lidded containers. Designed just like a refrigerator, you'll be able to see everything at first glance and so, it's easier to keep things organized.

There's only one precaution I'd give you. Bags filled with frozen foods are quite slippery and unless you take pains to neatly stack everything *before* it freezes, things will often slip out onto the floor as you rummage around.

It's *not* pleasant having a brick of frozen sweet corn fall on your toes! Which is why I prefer chest freezers.

C. Chest Freezers

Chest freezers are probably the most economical choice and will hold *a-lot* of food, but they aren't necessarily favorable for a home cook who is still in child-bearing years!

If you can't bend over put on your shoes, you probably won't be able to access the goods in the bottom of a deep chest freezer. ;) Just something to think about!

The down side to a chest freezer is that things tend to get jumbled together. For this reason, I recommend using (or making) boxes for the different food types so you can keep track of quantities and easily find what you are looking for.

D. Where Will Your Freezer Go?

Before you buy a freezer for preserving food, make sure you have space for it in your home! Ideally, your freezer would also be placed directly in front of an outlet.

If you need to run an extension cord, I recommend tightly duct taping the plug's ends together. Otherwise it's just too easy to accidentally unplug something and thaw out the contents of your freezer!

For efficiency's sake, it's always nice if you can keep your freezer in a cool room. A

basement, cool entryway or a room on the north end of your home is ideal.

And if this isn't an option...well...just do the best you can! It'll all be fine.

II. What Should I Freeze My Food In?

There are numerous options when it comes to storage containers. Some women prefer to freeze certain types of food (soups, fruit filling, etc) in stackable containers, while others find that plastic bags fit better within their budget.

A. Tips for Using Containers

If you choose storage containers, remember that airtight food always lasts longest in the freezer.

Of course, if you're only freezing food short term (2-3 months), you can use old yogurt or cottage cheese containers. But for the best, long-term results, you'll want something with a tight fitting lid! If you go online, you can find tight-sealing containers intended for freezer storage.

B. Tips for Using Plastic Bags

If you choose to use plastic bags, you have several options. You can supply yourself with open-ended bags and twist ties, use freezer ziploc bags or (the best option for long freezer life) get yourself a vacuum sealing machine. You'll also have to purchase a roll of quality, vacuum sealing bags.

III. Why Is Freezing Such a Good Option?

Storing food in below-freezing temperatures drastically slows the breakdown of it and specifically, the action of enzymes. With proper preparation, packaging and consistently cold temperatures, most fruits and vegetables will retain their flavor and texture for as long as 12 month's time (see free printable chart at the end for specifics).

Freezing is one of the fastest forms of food preservation. It's less intimidating than canning. And anyone can learn!

Chapter 2: How to Freeze Fresh Fruit

If you are new to freezing food, the easiest place to begin is with fresh fruit and berries!

Don't grow your own? Harvest the goods from a local u-pick. Ask about gleaning from a neighbor's overabundance or consider swapping or bartering with someone who has extra.

There are ways and means of getting your hands on fresh fruit. And when you're freezing it for later use, *fresh is best*.

I. The Basics of Freezing Berries

Berries are easy to put up and they're one of my favorite things to preserve in the freezer. Nothing retains the texture and full, fresh flavor of berries so well! And in the dead of winter, fresh-tasting fruit is a welcome treat when added to yogurt or fruit smoothies.

A. Common Berry Choices

Most berries freeze beautifully! Whether you grow them yourself in the back yard (something nearly anyone can do) or let someone else grow them for you, here's a list of common berry choices:

- blackberry
- black raspberry
- blueberry
- currants
- gooseberry
- honeyberry or haskap
- huckleberry
- mulberry
- raspberry
- saskatoon or juneberry
- strawberry

And should you have access to a berry that isn't on this list? Freeze it anyway!

B. Cleaning Your Harvest

If your berries still have stems or blossom ends attached, you need to clean them up before freezing. Firm fruits can be picked over, rinsed under running water and then should be left to drain off in a colander. You can also spread them out on old tea towels to dry.

If you do this, use *old* tea towels because berries are notorious for leaving stains behind!

Soft berries (such as the raspberry) shouldn't be rinsed under water; it'll make them soggy. After picking them over, they can be sent directly to the freezer!

C. Bagging and Freezing Berries

Firm berries freeze well. After rinsing clean, let them drain for 5 (or so) minutes. This accomplished, they can be measured directly into bags. Label, date and pop them into the freezer.

Due to their own juices, soft berries will often turn into a solid block when frozen. You can avoid this issue by spreading an even layer of the soft, fresh fruit over a tray or cookie sheet.

Pop your loaded tray into the freezer and let the berries sit for 2-3 hours. Once frozen, they can be scooped up and placed in large bags. When you need them, you can measure out the loose berries. cup by cup.

II. How to Freeze Fruit

Like berries, fruit is also easy to freeze. Most varieties don't require blanching before freezing, but most will last *longer* if frozen in a sweet syrup. I'll give you directions on making a syrup at the end of this chapter!

A. Freezing Stone Fruit

Stone fruits are simple to preserve in the freezer. Cherries, plums and apricots don't need to be peeled or blanched before freezing.

Remove the pit (see [this tutorial for a fast way to pit cherries](#) and this one [for plums and apricots](#)), pop into bags, label and freeze!

Peaches and nectarines should be peeled for best results. If peels aren't slipping off, dip whole fruit into boiling water for 50-60 seconds. Cool by plunging into cold water. Peels should be easy to remove after this.

Women who plan to use stone fruits in baking often prefer to stew the goods in a sweet syrup before freezing. With added sugars, fruit will keep well and it's particularly handy if you will be making lots of pies and cobblers!

B. Freezing Seedless Grapes

Seedless grapes freeze well in whole form and make excellent winter smoothies and additions to your fruit-n-yogurt breakfast bowl. Varieties with higher sugar content will keep longer.

To prepare, rinse ripe grape clusters in cold water. Gently shake to remove water droplets. Pluck fruits from their stems and plop them into a freezer bag. Seal and freeze. It's as easy as that!

C. How to Freeze Apples and Pears

If you wish to freeze either apple or pear slices without added sweetener, here's how you do it.

1. Prepare a salt-water solution (to prevent browning of fruit) by mixing together approx 1 gallon of water with 1 tablespoon of salt
2. Rinse the fruit clean.
3. Remove stems, peels and cores.
4. Slice to the desired size and drop into salt water to prevent browning.
5. Process fruit until the bowl is full.
6. Drain off salt water and rinse fruit in fresh water to remove salt.

7. Measure fruit for ease of use.
8. Bag, label and freeze in dessert size portions.

Apple and pears will also preserve beautifully in a fruit syrup and are well suited to fruit cobblers and desserts.

D. Basic Fruit Syrup Recipe

If you preserve your fruit in a basic, sweetened syrup, it'll last up to 12 months in the freezer. Just take your favorite pie/cobbler/fruit filling recipe and create it on the stove top, with or without the thickener. Let it cool from hot to warm.

Bag it up, pop it in the freezer and presto! You've got a custom, pre-made fruit filling that only has to be thawed before using!

Don't have a favorite recipe? Follow these steps:

1. Prep your fruit by rinsing, peeling (if needed) and slicing it to the size you desire.
2. Measure the amount you have, then place in a large, stainless steel pot.
3. Add water or juice, until the pot holds about 2-3 inches of water
4. For every 8 C of fruit in the pot, add 2 C sweetener.
5. Stir in sugars, then adjust to taste.
6. Add cinnamon, cloves or any other spices you favor.
7. Simmer fruit for 1-2 minutes.
8. Optional: add cornstarch or your favorite thickener
9. Cool until your fruit filling is just warm.
10. Ladle into bags and freeze.
11. It should keep for 12 months.

E. In Conclusion

Fruit is one of the easiest things to preserve in the freezer! While it isn't something you make an entire meal out of, it will help you stretch your food supply and fill in the gaps.

And when grocery store prices go up in the winter, you'll be thankful to have a variety of fruits and berries sitting easy in the freezer!

Chapter 3: Freezing Fresh Vegetables

The life span of frozen vegetables and greens is a variable thing. How long the food lasts is dependent on temperatures, how the food was processed and even your wrapping will effect keeping qualities.

Unlike fruit, most of your vegetables ought to be blanched to slow enzymatic action in the freezer.

I. Intro to the Blanching Process

To blanch vegetables or leafy greens simply means you plunge them into boiling water and leave them to 'cook' for 1-4 minutes.

This accomplished, you then place the produce in ice cold water to *stop* the cooking process. After draining the water off, things are ready for bagging and the freezer.

The extreme heat destroys most of the enzymes and the work they'd otherwise do on your food as it sits in the freezer. The cold water plunge simply puts a stop to the cooking process.

Because many of your vegetables will likely be heated before serving, you don't want to overcook them! The cold water helps preserve the texture (and color) of your vegetables as well.

A. An Outline of the Blanching Process

In order to properly blanch your produce, you'll need a large stockpot with a lid and ideally, one with a colander insert.

Another tip? The night before you put up vegetables or greens, fill several large, plastic containers with water and freeze. They'll help keep water chilled on preserving day!

Here's a breakdown of the process for you to look over. I also have a step-by-step printable waiting for you at the end of this booklet!

1. Remove the colander insert.
2. Fill your pot 1/2-2/3 full of water
3. Cover with lid and set it to boil on the stove top.
4. Start prepping your vegetables or greens.
5. Rinse produce clean, remove stems and if needed, cut veggies to size.
6. Fill the colander as you go, stopping once it's about 2/3 full. Error on the side of less.
7. Fill sink with cold water and if had, add a chunk of ice.
8. Once the water has reached a rolling boil, gently settle the filled colander inside.
9. If the pot is going to overflow because there's too much water, take some out.
10. But if you don't have enough, don't worry. The hot steam will blanch to topmost bits of your produce.
11. After the proper length of time has passed, move the whole pot over to your kitchen sink.
12. Lift the colander and let the first rush of hot water drain back into the pot.
13. Dump the produce into your sink of cold water and wait for veggies to become luke-warm.
14. Lift veggies into 2nd colander and leave them to drain for a few minutes.
15. Bag in zip lock freezer bags or use a vacuum seal.
16. Label, date and freeze immediately.
17. Got more produce to blanch? Add a bit of water and put the pot back on to boil.
18. Repeat the process as needed.

B. Bagging and Freezing Blanched Vegetables

There are a number of ways to freeze blanched produce. If you want to put your food up in meal-size portions, you can take the goods directly from their ice-cold water and plop them into bags. Just be aware that the extra liquid will cause vegetables to freeze in a solid block!

Want to avoid this? Then scoop blanched food into a colander and let the water drip out. You can also spread your produce out to dry on a large towel. Leave it for about 5 minutes before bagging.

A quick note: there are some vegetables that shouldn't be left to drain, such as corn and beets. These are best bagged in meal size portions and should be frozen directly.

Delicate vegetables (such as shelled peas) should be rinsed, then spread out on baking sheets or cutting boards. Pop them in the freezer and leave until they're firm. Scrape peas off and bag it up. Label. Return to the freezer.

Don't worry. I've got everything outlined for you in the printable chart below!

Chapter 4: Freezing Herbs and Alliums

Alliums and herbs are very easy to preserve in the freezer. While you can blanch onions and shallots for a longer life, neither needs blanching if you are going to consume the goods in 6-8 month's time. Herbs should never be blanched and instead, ought to be packed in water or oil or prolong freezer life.

I. 3 Methods for Freezing Herbs

There are numerous ways to freeze fresh herbs. The method you choose really depends on how (and how soon) you plan to use them! Herbs preserved in water or oil will retain their flavor, longest. Here's a breakdown of the 3 primary ways a home cook can put them up for winter.

A. Method 1: Flash Freezing

If you want your herbs loose in a bag, you can practice flash freezing methods. Here's how it works:

1. Harvest herbs in the morning, before the sun's rays hit the plants.
2. Rinse clean in the kitchen sink to remove dirt and bugs.
3. Send the herbs through a salad spinner or let them drip dry.
4. Remove tough stems and spread your herbs out on a cookie sheet or cutting board.
5. Pop them into the freezer and leave until frozen solid.
6. Bag up your frozen herbs. Label. Return to the freezer.

When you are making soup, stew or need a bit of fresh herb flavor, remove portions from the bag as needed.

B. Method 2: Freeze in Oil

If you plan to use your herbs in dishes where a bit of oil is ok, consider using this method! It works particularly well for basil!

1. Harvest herbs in the morning, before the sun's rays hit the plants.
2. Rinse clean in the kitchen sink to remove dirt and bugs.
3. Remove tough stems.
4. Finely chop or even puree herbs in a blender. If you puree, go ahead and add a bit of olive oil so that the blender can actually do its job!
5. Pack chopped or pureed herbs into ice cube trays, being sure to stop 1/4 inch from the top of each individual compartment.
6. Top with olive oil.
7. Freeze until solid, then remove cubes from trays.
8. Bag. Label. Refreeze.

These herbs are particularly useful for adding to your homemade salad dressings, dips and meat marinades.

C. Method 3: Freeze in Water

Instead of freezing herbs in oil, you can also freeze them in water. Water helps prolong the life of foodstuff in the freezer. Here's how you do it.

1. Harvest herbs in the morning, before the sun's rays hit the plants.
2. Rinse clean in the kitchen sink to remove dirt and bugs.
3. Remove tough stems.
4. Leave leaves whole, if possible. Otherwise, roughly chop herbs to size so that they fit in ice cube trays or other small molds.
5. Fill your molds 1/2-3/4 full of fresh herbs.
6. Add water until herbs are just covered when packed down. Yes, some will probably float, so just estimate as closely as you can!
7. Freeze until solid. Top the trays/molds with water once again to cover herbs that floated to the surface. Return to freezer and leave until the top layer of water is solid.
8. Remove cubes from trays.
9. Bag. Label. Refreeze.

Because they're frozen in water, these herbs make an excellent addition to soups and stews!

II. How to Freeze Alliums

Whether you're working with garlic, onions or shallots, the process is simple. Leeks, onions and shallots should be blanched if you want them to last up to 12 months. And garlic doesn't need any blanching.

A. Putting Up Onions & Shallots

Harvest your onions and shallots. Process according to the following directions.

1. Peel the bulbs to remove papery outsides.
2. Trim and rinse clean.
3. If blanching, slice into rings and process.
4. If freezing raw, dice into pieces as you would when preparing for a dish.
5. Bag in meal size portions.
6. Label and freeze.

B. Blanching Leeks

Leeks tend to collect soil in the layers and folds of the stalk. Be sure to wash them well before blanching!

1. Remove the tough outer peels on your leeks.
2. Trim the tops and bottoms.
3. Cut the stalks in half lengthwise and rinse clean under running water.
4. Slice the stalk halves into ½ inch rings.
5. Blanch for 2-3 minutes.
6. Bag and freeze in meal size portions.

C. How to Freeze Garlic

You can freeze garlic cloves whole or you can mince them. Either way, you'll probably want to peel before bagging and freezing!

If you choose to mince your garlic, flash freezing isn't a bad idea! To do this, spread minced garlic on a tray and freeze until solid. Crumble, bag, label and refreeze.

Perhaps flash freezing isn't your thing?

Mince your garlic and place 2/3C to 1C in a sandwich size freezer bag. Lay the bag on it's side and spread the garlic out evenly, forming a thin layer. Then, when you need some garlic, you can break off a small portion and put it to use.

Chapter 5: Free Charts & Printables

Once you understand how the process works for each type of produce, all you really need in your kitchen are the printable directions and free charts I've made for you (see below).

Let's be real about this: the information on freezing food can be quite redundant! Once you understand the process, all you need is a quick reference chart that has blanching times or directions for freezing.

So print off the following pages and keep them in your kitchen where you can quickly access them during harvesting and preserving season!

Of course, if you have questions you can always contact me at atraditionallife.com.

All the best on your journey,
Autumn

Checklist for Blanching Vegetables

1. *Night before:* fill plastic containers with water and freeze for ice blocks
2. *Morning of:* harvest produce and bring it inside immediately.
3. Remove the colander insert and fill your pot 2/3 full of water.
4. Cover with lid and set to boil on the stovetop.
5. Start prepping your vegetables or greens.
6. Rinse produce clean, remove stems, ends and if needed, cut veggies to size.
7. Fill the colander as you go, stopping once it's 2/3 full.
8. Fill sink with cold water and add a large cube of ice from freezer.
9. Once the water has reached a rolling boil, gently settle the filled colander inside.
10. If the pot is going to overflow because there's too much water, take some out.
Not enough? Don't worry, the hot steam will blanch to topmost bits!
11. After the proper length of time has passed, carry the pot over to the kitchen sink.
12. Lift the colander and let the first rush of hot water drain back into the pot.
13. Dump everything into the sink of cold water and wait for veggies to become lukewarm.
14. Scoop veggies into a 2nd colander and let them drain off in a second sink.
15. Bag food in zip lock freezer bags or use a vacuum seal.
16. Add a food label, date and freeze immediately.
17. Got more produce to blanch? Add a bit of water to the pot and put it back on to boil.
18. Repeat the process as needed.

Blanching Times for Fruit and Berries

all fruits can also be preserved in a syrup (see pg 8)

Fruit	Blanching Time	Notes and Instructions
Apple	none	Wash. Peel. Slice into salt water. Rinse. Bag. Freeze.
Apricot	none	Wash. Pit. Bag and freeze.
Berries (firm)	none	Harvest. Rinse. Dry. Bag, label and freeze.
Berries (soft)	none	Harvest. Pick over. Bag, label and freeze.
Cherry	none	Rinse. Remove pits or leave whole. Bag, label and freeze.
Grape	none	Harvest. Rinse. Remove from stems and freeze.
Nectarines	none	Wash. Peel. Slice into salt water. Rinse. Bag. Freeze.
Peach	none	Wash. Peel. Slice into salt water. Rinse. Bag. Freeze.
Pear	none	Wash. Peel. Slice into salt water. Rinse. Bag. Freeze.
Plum	none	Wash. Pit. Bag and freeze.

Blanching Times for Herbs & Alliums

Alliums	Blanching Time	Notes and Instructions
Garlic	none	Peel. Dice. Flash freeze or freeze in thin layers. Label.
Shallots	optional 1-2 min	Peel. Slice into rings if blanching. For raw freezing, dice. Bag. Label. Freeze in meal size portions.
Leeks	3 min	Halve, wash and slice 1 inch rings. Blanch. Bag. Use in soups.
Onions	optional: 1-2 min	Peel. Slice into rings if blanching. For raw freezing, dice. Bag. Label. Freeze in meal size portions.
Herbs		
Green Herbs	none	Flash freeze, freeze in oil or water.
Horseradish	none	Peel, grate, freeze raw or create and freeze sauce.

Blanching Times for Vegetables

Vegetable	Blanching Time	Notes and Instructions
Asparagus	2-4 min	If stems are quite thick, blanch the full 4 minutes. Cool. Bag.
Beans (snap)	2 min	Blanching not necessary if consumed in 6 months.
Beets	Boil until soft	Use young, whole beets. Boil, cool, slice and freeze.
Broccoli Florets	1-3 min	Blanch thick stems full 3 min. Smaller=1-2 minutes.
Brussels Sprouts	2 min	Blanching not necessary if consumed in 6 months.
Cabbage	1 min	Blanching not necessary if consumed in 6 months. Otherwise, cut 1 inch slices. Blanch. Cool. Freeze.
Carrot	4 min	Slice into ½ inch rings before blanching.
Cauliflower Florets	2 min	Divide into serving size pieces. Blanch like broccoli.
Celery	2-3 min	Cut into rings. Blanch, cool, drain, freezer for winter soups.
Corn	4-5 min	Husk ears. Blanch whole. Cool in ice bath. Cut kernels from cob and immediately freeze in meal-size portions.
Eggplant	bake 400F	Poke with fork. Bake until soft. Freeze in meal size portions
Greens-beet, chard, kale, spinach	1-2 min	Remove tough stems and blanch whole leaves. Cool. Spread on trays to freeze or roll into balls, bag and freeze.
Okra	3-4 min	Remove stems but leave okra whole. Blanch. Freeze.
Parsnip	3 min	Peel. Cube 1 inch squares. Blanch. Freeze. Also see potato
Peas (shelled)	2 min	Shell peas. Blanch peas. Spread on tray and freeze. Bag.
Peas (sugar snap)	2 min	Blanch whole. Bag in meal size portions and freeze.
Peppers (sweet/hot)	none	Remove seeds and pith. Dice. Bag in meal size portions.
Potato	cook	Boil potatoes. Mash. Dairy products help preserve texture. Freeze in meal-size portions.
Pumpkin	bake 400	Halve. Remove seeds. Bake until soft. Freeze in meal size portions
Squash (winter)	bake	Halve squash. Bake until soft. Freeze in meal size portions.
Tomatoes	none	Remove stems. Freeze whole. Run under hot water to remove skins before adding to soups and stews.
Turnips/Rutabaga	3 min	Peel, cube, blanch. Or cook and process like potato.
Zucchini	none	Grate and freeze for zucchini bread in baking portion

Freezer Life of Vegetables

Vegetable	Months of Freezer Life	Directions for Use
Asparagus	12 months	Thaw in fridge before heating for use.
Beans (snap)	6 months raw; 12 months if blanched	Add directly to hot soups. If serving as side, allow to thaw in fridge before heating.
Beets	8 months	Thaw in fridge before using
Broccoli Florets	6 months	Add directly to hot soups or omelettes.
Brussels Sprouts	6 months raw; 12 months if blanched	Thaw in fridge before heating as side dish; add frozen to soups or stir fry.
Cabbage	4 months raw; 9 months if blanched	Add directly to stir fry or in mixed vegetable side dish.
Carrot	12 months	Add to hot soups. Thaw in fridge for side dish.
Cauliflower Florets	8 months	Add directly to stir fry. Thaw in fridge for side dish.
Celery	12-18 months	Add directly to soups and stews.
Corn	12 months	No need to thaw for soups or as side dish. Cook.
Eggplant	9-12 months	Thaw in refrigerator before using
Greens-beet, chard, kale, spinach	8-10 months	Add directly to hot dishes or use frozen greens in smoothies and purees.
Okra	8-10 months	Thaw in fridge or add directly to hot dishes.
Parsnip	9 months	Thaw in fridge before warming with butter.
Peas (shelled)	12 months	Thaw in fridge or add directly to hot dishes.
Peas (sugar snap)	8 months	No need to thaw for soups or side dish. Cook.
Peppers (sweet/hot)	12 months	Add directly when cooking hot dishes.
Potato	6 months	Thaw in refrigerator and then heat for serving.
Pumpkin	6 months	Thaw in refrigerator. Use.
Squash (winter)	6 months	Thaw in refrigerator before warming with butter.
Tomatoes	12 months	Run under hot water to remove peel. Use as needed.
Turnip/Rutabaga	9 months	Thaw in refrigerator, then heat for serving.
Zucchini	4-6 months	Thaw in refrigerator or use directly in hot dishes.

Freezer Life of Fruit

fruit preserved in a syrup should last up to 12 months in the freezer

Fruit	Freeze Life	Directions for Use
Apple	8-10 months	Thaw in refrigerator or use frozen fruit to create filling
Apricot	8-10 months	Thaw in refrigerator or use frozen fruit to create filling
Berry Varieties	12 months	Thaw in refrigerator or use in frozen form
Cherry	8-10 months	Thaw in refrigerator or use frozen fruit to create filling
Grape	10-12 months	Thaw in refrigerator or use in frozen form
Nectarines	3-6 months	Thaw in refrigerator or use frozen fruit to create filling
Peach	3-6 months	Thaw in refrigerator or use frozen fruit to create filling
Pear	3-6 months	Thaw in refrigerator or use frozen fruit to create filling
Plum	6-8 months	Thaw in refrigerator or use frozen fruit to create filling

Freezer Life of Herbs & Alliums

Alliums	Freezer Life	Directions for Use
Garlic	3-6 months	Remove portions are needed. Add directly to dishes.
Shallots	3-6 months	Remove portions are needed. Add directly to dishes.
Leeks	6-8 months	Remove portions are needed. Add directly to dishes.
Onions	3-6 months	Remove portions are needed. Add directly to dishes.
Herbs	Freezer Life	Directions for Use
Flash Freezing	2-4 months	Measure and remove only what you need. Use immediately.
Frozen in Water	6-8 months	Add cubes to soups, stews and home cooked dishes
Frozen in Oil	8-10 months	Use in meat marinades, condiments and home cooked dishes.
Horseradish	3-6 months	Peel, grate and freeze in oil. Or create sauce and freeze.