

SUMMER BERRIES & CHERRIES

<https://stock.adobe.com/search?k=icicle>



FREEZING

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■ UC Master Food Preserver Program

Nothing Tastes Better in the Summer!

But what if:

- a) You gather too much?
- b) You can't get to them right away?
- c) You will have a craving for summer fruits in the winter or prefer to do your preserving in the cooler months?



<https://ohioline.osu.edu/factsheet/HYG-5511>



<https://homegrown.extension.ncsu.edu/2021/05/14/the-perfect-time-for-pickin-strawberries/>



<https://extension.uga.edu/publications/detail.html?number=C1282&title=blackberry-harvesting-and-postharvest-handling>
Photo: Zilfina Rubio Ames

FREEZING

PROS

- * Convenient
- * Preserves Nutritional Value and Flavor
- * Food Borne Illness Organisms “Stopped”
- * Seasonal Fruit in Off-Season

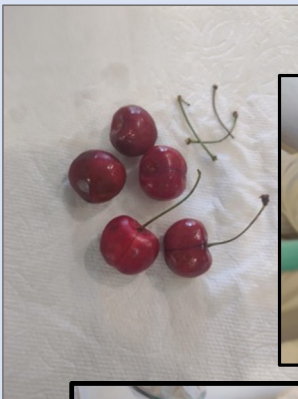
CONS

- * Color Changes (Enzymes + Air)
- * Rancid Oxidative Flavors
- * Structural Changes

PREPARATIO

- Clean, Dry, Remove Stems
- Sort (Immature or Damaged)

Fun Tip:
Use a Straw to
Pit Cherries



METHOD CHOICE



Best for Most Cooking



Best for Dessert Use



ADDITIONAL TREATMENT?

Ascorbic Acid

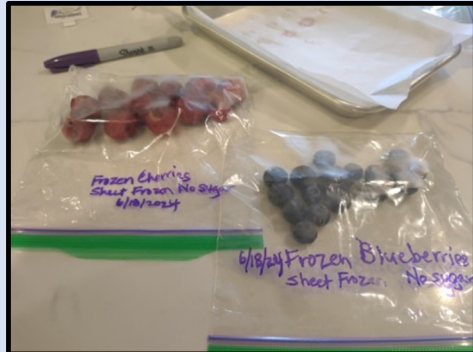
- Powdered Form
- Dissolvable Tablet Form

Lemon Juice, Bottled





METHODS



1) Unsweetened:

Place Prepared Fruit on Cookie Sheet with an Edge

Pack Prepared Fruit into Container

- Without Liquid or Sweetening
- With Water Containing Ascorbic Acid



2) Sliced or Pureed

Slice or Crush Prepared Fruit

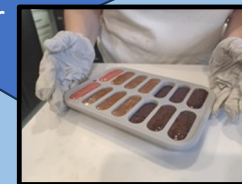
Freeze in own juice without sweetening.

Mash or throw prepared fruit into blender to puree.

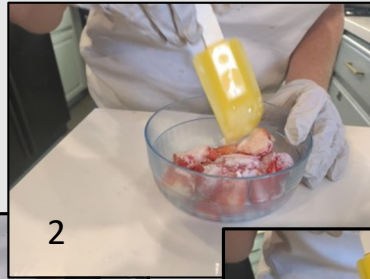
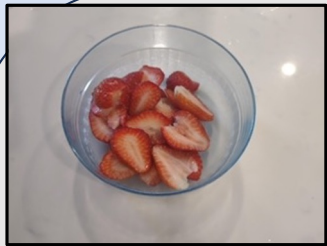
Pour into edged rectangular or ice cube trays.

Store in zip lock bags.

Drop a cube
In a Water
Bottle



Create a
refreshing fruit
soup appetizer



SUGAR PACK



- Works Well With Juicy Fruits
 - Works Well With Fruits Cut in Small Pieces
 - One Part Sugar to 3-4 Parts Fruit (Varies With Fruit Sweetness and Family Taste Preference)
1. Add Dry Sugar to Prepared Fruit.
 2. Mix Gently and Coat Completely.
 3. Let rest for 15 min.
 4. Leave 1" of Head Space
 5. Close, Seal, and Freeze Immediately



SYRUP PACK

- Make Syrup Ahead, Cool
- Pack Prepared Fruit to 1" of Container Top
- 1 cup syrup per Fruit Quart, Cover Fruit
- Crumpled Wax Paper on Top, Push Fruit Under Syrup
- Seal and Freeze



Type of Syrup	Percent Syrup*	Sugar** (cups)	Water (cups)	Yield of Syrup (cups)
Very Light	10	½	4	4½
Light	20	1	4	4¾
Medium	30	1¾	4	5
Heavy	40	2¾	4	5⅓
Very heavy	50	4	4	6

 Best for mild flavored fruit

 Best for sour fruits but also recommended for most fruits

<https://nchfp.uga.edu/how/freeze/syrups.html>

Method Recommendations

Summer Fruit	Recommendations			
	Syrup Pack	Sugar Pack	Dry Pack	Slice/Crush/Puree
Blackberries, Boysenberries Raspberries	★	★	★	★
Blueberries, Huckleberries	★		★	★
Gooseberries			★	
Strawberries	★	★		★
Sour Cherries Sweet Cherries	★	★	★	

Storage Recommendations

Best Packaging:

- * Moisture resistant
- * Withstands Low Temperatures
- * Oil, grease, water resistant
- * Off flavor/odor protection
- * Durable and leak proof
- * Easy to seal and mark

8 – 12 months

At 0 degrees F or below

Safely Thaw:

- * Refrigerator (40 degrees F or less.
- * In Cold Water, changing every 30 minutes, leak proof container.
- * Microwave if cooked immediately.
- * As part of cooking process to move quickly through danger zone (40 - 140.

Check out <https://extension.umn.edu/preserving-and-preparing/how-freeze-fruit-best-flavor> or The National Center for Home Food Preservation for FUTURE notifications on the preservation of a variety of fresh fruit.

Thank You



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