

# 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