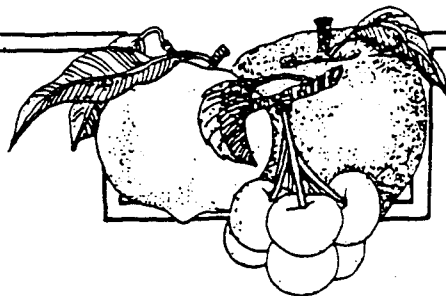


Handy Reference for Freezing Fruit



1992 RECOMMENDATIONS

Approximate Amounts of Fruit Needed to Yield 1 Pint of Frozen Fruit

Fruit	Fresh
<i>Apples</i>	1-1/4 to 1-1/2 pounds
<i>Apricots</i>	2/3 to 4/5 pound
<i>Berries</i>	1-1/3 to 1-1/2 pounds
<i>Cantaloupes</i>	1 to 1-1/4 pounds
<i>Cherries, sour or sweet</i>	1-1/4 to 1-1/2 pounds
<i>Cranberries</i>	1/2 pound
<i>Currants</i>	3/4 pound
<i>Peaches</i>	1 to 1-1/2 pounds
<i>Pears</i>	1 to 1-1/2 pounds
<i>Pineapple</i>	1-1/4 pounds
<i>Plums and prunes</i>	1 to 1-1/2 pounds
<i>Raspberries</i>	1 pint
<i>Rhubarb</i>	2/3 to 1 pound
<i>Strawberries</i>	2/3 quart

Ways to Pack Fruit

Unsweetened - fruit in containers without sugar.
Sugar Pack - for juicy fruits and those that do not darken. One quart of fruit with 1/4 to 1 cup sugar (depending on personal taste).
Syrup Pack - whole fruits and those that tend to darken. Mix and dissolve sugar in water; add ascorbic acid if needed.

Proportions for Syrup

Kind (% sugar syrup)	Sugar per 1 quart water
Light (30%)	2 cups
Medium (35%)	2-1/2 cups
Medium (40%)	3 cups
Heavy (50%)	4-3/4 cups

Depending on the kind of fruit, ascorbic acid may be added to syrup to prevent darkening:

Crystalline - 1/2 tsp. per quart syrup
 Tablets - 1500 milligrams per quart syrup

Loose or Tray Pack - Spread fruits in single layer on tray; freeze, pack. Light sugar coating may be beneficial to juicy fruits.

Additional information - non-sugar sweeteners are not recommended in home food preservation. Freeze foods with water, juice, or very thin sugar solution and add artificial sweetener if desired for flavor at time of serving. **Honey** - use a mild flavored variety to avoid masking natural flavor of fruit. Use sparingly.

Type of Pack

Fruit	Dry	Sugar	Syrup	Syrup & Ascorbic Acid	Loose
<i>Apples</i>					
<i>raw, sliced</i>		X	X	X	X
<i>steamed</i>	XX				
<i>applesauce</i>		XX			
<i>Apricots</i>		X	XX	XX	
<i>Blackberries</i>	X	X	X		XX
<i>Blueberries</i>	XX	X	X		XX
<i>Cantaloupe</i>			XX		
<i>Cherries</i>					
<i>sour</i>	X	X	X		
<i>sweet</i>				XX	X
<i>Cranberries</i>	XX		X		XX
<i>Currants</i>		X			
<i>Gooseberries</i>	XX	X			XX
<i>Grapefruit</i>			XX		
<i>Peaches</i>				XX	
<i>Pears</i>				XX	
<i>Pineapple</i>			X		
<i>Plums and prunes</i>		X	XX		
<i>Raspberries</i>	XX	X	X		XX
<i>Rhubarb</i>	XX	X	X		X
<i>Strawberries</i>	X	XX	X		X

XX Preferred
 X Satisfactory

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