

HOME FREEZING GUIDE FOR FRESH FRUITS

Freezing fruits at home is a fast, convenient way to preserve produce at their peak maturity and nutritional quality. The following links provide information on various techniques for freezing and thawing fruits, as well as a chart outlining the preparation and freezing techniques to use for a list of fresh fruits.

Getting Started

Select high quality fresh fruits that are at the ideal stage of maturity for good eating. Prepare fruit quickly and carefully. Wash under cold running water using a soft brush to gently scrub fruit with skins, including melons. Drain well and blot with clean tea towel or paper towels. Remove all excess moisture to reduce formation of ice crystals on food surfaces when frozen. Proceed with freezing fruit.

This section provides information on freezing and fruits, as well as a chart outlining the preparation and freezing techniques to use for a list of fresh fruits.

Fruit Freezing Methods

Fruit can be frozen using any of the methods outlined below. The method chosen depends on the fruit's intended use. Dry packed fruits will be soft when thawed, so they are best for cooked uses. Sugar packed fruits are the best choice when fruit will be used for pies.

Berries, sour cherries and rhubarb are particularly good frozen. Pears and sweet cherries do not freeze well because they become too soft when thawed. Also not recommended for freezing are citrus fruits (although juice may be frozen), kiwifruit and pineapple.

Dry pack

All fruits and berries can be frozen this way.

Place prepared, whole, or cut raw fruit directly in packages, seal, label and freeze. Or alternatively, tray freeze then package, seal, label and freeze.

Tray Pack

This method is used to freeze individual pieces, maintaining their shape, or to accelerate the freezing process.

Place pieces of prepared fruit in a single layer on a cookie sheet or shallow pan, freeze uncovered for 1 to 2 hours; when frozen, package accordingly, and return to freezer.

Dry sugar pack

This method is good for juicy fruits, i.e. berries used for fruit pies, cooking and dessert toppings.

Coat fruit with sugar to preserve flavour. Place sugar-coated fruit directly in packages, seal, label, and then freeze. Alternatively tray-freeze sugar-coated fruit then package, seal, label and freeze.

Dry sugar pack with ascorbic acid

Ascorbic acid, another name for Vitamin C, prevents the discolouration of fruit due to oxidation. It also increases the Vitamin C content of frozen fruit preparations, and it can be used on all fruits. Ascorbic acid is particularly useful for fruits such as peaches, apples, pears and apricots, which darken easily when cut and during freezing.

Ascorbic acid is available at pharmacies and stores that sell freezing supplies. Follow manufacturer's instructions for use or the following recipe:

For 1L (4 cups) prepared fruit, dissolve 1 ml (1/4 tsp) powdered or crystalline ascorbic acid (Vitamin C) in 50 ml (1/4 cup) cold water; sprinkle over fruit and mix gently. Sprinkle with specified amount of sugar and mix again, then package, seal, label and freeze. Alternatively, tray-freeze fruit then package, seal, label and freeze.

Thawing

Frozen fruits, which are to be used instead of fresh fruit, are better if not thawed completely. It is also not necessary to completely thaw fruit which is to be used in pies or baked puddings; thaw only enough to separate pieces, and then proceed as with fresh fruit. To thaw 500 ml (2 cups) of fruit, allow 6 to 8 hours in the refrigerator, 3 hours at room temperature or 1 hour if container is placed under cold running water. Use thawed fruit promptly.

Take a look at CPMA's [Freezing Fruits Table](#) for more detailed information about how to freeze your favourite fruits.

FREEZING FRUITS

Fruit	Preparation	Method
Apples	Peel, core, slice	Dry sugar pack with ascorbic acid: add 50 ml (1/4 cup) sugar per 1 L (4 cups) prepared fruit.
Apricots	Wash Blanch for 30 seconds. Remove skin. Cut in half. Pit. Slice.	Dry sugar pack with ascorbic acid: add 175 ml (3/4 cup) sugar per 1 L (4 cups) prepared fruit.
Avocados	Cut in half. Pit. Peel and mash.	Mash with 15 ml (1 Tbsp) lemon juice to 2 prepared avocados. Dry pack.
Bananas	Leave whole, in skin or peel. OR Peel and mash.	Package as is. OR Mash with 15 ml (1 Tbsp) lemon juice to 250 ml (1 cup) prepared fruit. Dry pack.
Blueberries, Cranberries, Currants, Gooseberries, Grapes	Stem. Leave whole.	Dry pack. Eat grapes while semi-frozen.
Cantaloupe & Honeydew melon	Peel. Cut in half. Seed. Cut into 2.5 cm (1 inch) pieces.	Dry sugar pack: add 125 ml (1/2 cup) sugar to 1 L (4 cups) prepared fruit.
Cherries, sour	Stem and pit.	Dry sugar pack: add 250 ml (1 cup) sugar to 1 L (4 cups) prepared fruit.
Citrus juices, apple juice / cider	Freshly squeeze citrus juice or press apple juice.	Freeze immediately leaving 2.5 cm (1 inch) headspace. Will keep for 2 to 3 months.
Figs	Stem. Peel if desired. Leave whole or slice.	Dry pack.
Mangos	Score skin in 4 sections, peel like a banana. Cut mango from seed, slice. OR Puree mango slices.	Dry pack slices. OR Pour mango purée into container or ice cube tray, freeze and dry pack.
Nectarines	Blanch for 30 seconds. Remove skin. Cut in half. Pit. Slice.	Dry pack with lemon juice: add 20 ml (1 Tbsp) lemon juice to 1 L (4 cups) prepared fruit. Dry pack, freeze.
Papayas	Peel. Remove stem end. Seed. Slice OR Puree papaya.	Dry pack slices. OR Pour purée into container or ice cube tray, dry pack, freeze.
Peaches	Blanch for 30 seconds. Remove skin. Cut in half. Pit. Slice.	Dry sugar pack with ascorbic acid: add 175 ml (3/4 cup) sugar per 1 L (4 cups) prepared fruit.
Plums	Blanch for 30 seconds. Remove skin. Cut in half. Pit. Slice.	Dry sugar pack: add 175 ml (3/4 cup) sugar per 1 L (4 cups) prepared fruit.
Raspberries, Blackberries	Leave whole.	Dry sugar pack: add 175 ml (3/4 cup) sugar per 1 L (4 cups) prepared fruit. OR Dry pack.
Rhubarb	Cut stalks in 2.5 cm (1 inch) lengths. OR Make into sauce.	Dry pack. OR Sweeten to taste. Pack cold.
Strawberries Note - the colour of thawed strawberries without sugar will be paler and the texture will be softer than those frozen with sugar	Remove caps, leave whole. OR Remove caps, slice or cut into quarters.	Dry pack. OR Dry sugar pack: add 125 ml (1/2 cup) sugar per 1 L (4 cups) prepared berries.

