

Fruits and Vegetables for Freezing	Recommendations
Apples	Select full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel and core. Slice medium apples into twelfths, large ones into sixteenths.
Apricots	Select firm, ripe, uniformly yellow apricots.
Artichoke Hearts	Select those with uniformly green color, compact globes and tightly adhering leaves. Remove all leaves and choke or fuzzy portion. The portion that is left at the base is the heart. Cut away the stem just below the heart and trim any woody portions. Wash hearts in cold water and drain.
Asparagus	Select young tender spears.
Avocados	Select avocados that yield to gentle pressure with rinds free from dark blemishes. Peel fruit, cut in half and remove pit. Avocados are best frozen as purée – unsweetened for salads and sandwiches, sweetened for other uses. Avocados are not satisfactorily frozen whole or sliced. For a better quality product, add 1/4 teaspoon (750 mg) ascorbic acid to each quart of purée or add 1 tablespoon lemon juice for each 2 avocados.
Beans – Green, snap or wax	Select young tender pods when the seed is first formed. Wash in cold water, snip and cut into 2 to 4-inch lengths.
Beans – Lima, butter or pinto	Harvest while the seed is in the green stage. Wash, shell and sort according to size.
Beets	Select deep, uniformly-red, tender, young beets.
Berries – black or dew	Select fully ripe, firm berries. Wash carefully in cold water, discarding soft, under-ripe or defective fruit.
Berries	Select full-flavored, ripe berries. Remove leaves, stems and immature or defective berries.
Broccoli	Select firm, young, tender stalks with compact heads.
Brussels Sprouts	Select green, firm and compact heads. Examine heads carefully to make sure they are free from insects.
Cabbage	Frozen cabbage or Chinese cabbage are suitable for use only as a cooked vegetable. Select freshly picked, solid heads.
Carrots	Select young, tender, coreless, medium length carrots.
Cauliflower	Choose compact white heads.
Celery	Celery loses its crispness when frozen. The frozen product is suitable only for cooked dishes. Preparation – Select crisp, tender stalks, free from coarse strings.
Cherries, sour	Select bright red, tree ripened cherries. Wash, stem and pit.
Cherries, sweet	Select bright, fully ripened cherries of dark colored varieties.
Citrus Fruits	Select firm, tree-ripened fruit heavy for its size and free from soft spots.
Corn	Select only tender, freshly-gathered corn in the milk stage. Husk and trim the ears, remove silks and wash.
Eggplant	Harvest before seeds become mature and when color is uniformly dark.
Gooseberries	Choose fully ripe berries if freezing for pie; berries a little under ripe for jelly making.

Grapes	Choose fully ripe, firm, sweet grapes.
Fresh Herbs	Wash, drain and pat dry with paper towels. Wrap a few sprigs or leaves in freezer wrap and place in a freezer bag. Seal and freeze. These can be chopped and used in cooked dishes. These usually are not suitable for garnish, as the frozen product becomes limp when it thaws.
Mangos	Select firm, ripe mangos that yield to gentle pressure.
Melons (Cantaloupe, Crenshaw, Honeydew, or Watermelon)	Select firm-fleshed, well-colored, ripe melons.
Onions	Bulb onions store well in a cool, dry place. Freezing is usually not recommended.
Edible Pod Peas -Sugar, Chinese, Snow Peas or Sugar Snap Peas	Select bright green, flat, tender pods
Peas, blackeye or field	Select pods when seeds are tender and well-filled. Wash pods. Shell and discard over-mature and immature seeds and those injured by insects. Wash shelled peas.
Green peas	Harvest when pods are filled with young, tender peas that have not become starchy.
Peaches or Nectarines	Select well-ripened fruit and handle carefully to avoid bruising.
Pears	Select full-flavored pears that are crisp and firm, not mealy in texture. Wash, peel and core. Slice medium pears into twelfths, large ones into sixteenths.
Bell or Sweet Peppers	Select crisp, tender, green or bright red pods
Plums	Select firm, ripe fruit soft enough to yield to slight pressure.
New Irish Potatoes	Select smooth new potatoes directly from the garden.
Sweet Potatoes	Choose medium to large sweet potatoes that have been cured for at least one week.
Pumpkin	Select full-colored mature pumpkin with fine texture
Raspberries	Harvest fully ripe, firm, well-colored berries. Remove those that are immature or defective
Rhubarb	Choose firm, tender, well-colored stalks with good flavor and few fibers.
Rutabagas	Select young, medium-sized rutabagas
Summer Squash - Cocoselle, Crookneck, Pattypan, Straightneck, White Scallop, Zucchini	Choose young squash with tender skin.
Winter Squash Acorn, Banana, Buttercup, Butternut, Golden Delicious, Hubbard, Spaghetti	Select firm, mature squash with a hard rind. For spaghetti squash, mashing the cooked pulp is not necessary.
Strawberries	Select fully ripe, firm berries with a deep red color.

Tomatoes	Select firm, ripe tomatoes with deep red color.
Turnips or Parsnips	Select small to medium, firm turnips or parsnips that are tender and have a mild flavor.

See National Center for Home Food Preservation for more information:

<http://www.uga.edu/nchfp/index.html>

<http://www.pickyourown.org/index.htm>