## How to save FRUIT for future meals

<table>
<thead>
<tr>
<th>Freezing fresh fruit</th>
<th>Freezing cooked fruit</th>
<th>Dehydrating fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Wash fruit and remove any stems.</td>
<td>1. Create favorite cooked fruit recipe such as applesauce.</td>
<td>1. Preheat oven to 140 degrees or “warm” setting.</td>
</tr>
<tr>
<td>2. Cut fruit in small pieces or leave small fruits whole.</td>
<td>2. Cool fruit dish in refrigerator for 1-2 hours in a bowl.</td>
<td>2. Wash fruit and remove any stems.</td>
</tr>
<tr>
<td>3. Put fruit in a single layer on a baking sheet.</td>
<td>3. After cooled, place in a freezer-safe, sealed container in freezer.</td>
<td>3. Slice fruit into small, bite-size pieces.</td>
</tr>
<tr>
<td>4. Place baking sheet in freezer for 2-3 hours or until fruit is frozen solid.</td>
<td>4. Place fruit in a mixture of water and lemon juice to keep from browning (1 cup water + 1 Tbl lemon juice).</td>
<td>4. Place in a single layer on a baking sheet.</td>
</tr>
<tr>
<td>5. Remove fruit from baking sheet with spatula and place into a sealed bag.</td>
<td>5. Quickly remove fruit from water and place in a single layer on a baking sheet.</td>
<td>5. Place baking sheet in oven and dehydrate for 6-12 hours or until the fruit is hard.</td>
</tr>
<tr>
<td>6. Return to freezer immediately. Frozen fruit will last for at least a year.</td>
<td>6. Place baking sheet in oven and dehydrate for 6-12 hours or until the fruit is hard. Fruit will last for up to a year.</td>
<td><strong>Uses for frozen fruit:</strong> oatmeal, smoothies, jellies, pastries, chutney, cobblers, muffins, or pies.</td>
</tr>
</tbody>
</table>

### Uses for frozen fruit:
- oatmeal
- smoothies
- jellies
- pastries
- chutney
- cobblers
- muffins
- pies

### Examples of cooked fruit dishes:
- pureed fruit for baby food
- cooked fruit sauce
- banana pancakes
- blueberry muffins

## How to save VEGETABLES for future meals

<table>
<thead>
<tr>
<th>Freezing “blanched vegetables”</th>
<th>Freezing cooked meals</th>
<th>Dehydrating vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Wash and cut vegetables like you would for a meal.</td>
<td>1. Create favorite cooked vegetable recipe such as greens and tomatoes.</td>
<td>1. Preheat oven to 140 degrees or “warm” setting.</td>
</tr>
<tr>
<td>2. Boil vegetables for 3-4 minutes.</td>
<td>2. Cool vegetable dish in refrigerator for 1-2 hours in a bowl.</td>
<td>2. Wash vegetables and remove any inedible stems.</td>
</tr>
<tr>
<td>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.</td>
<td>3. After cooled, place in a freezer-safe, sealed container in freezer.</td>
<td>3. Slice vegetables in small, bite-sized pieces.</td>
</tr>
<tr>
<td>4. Put vegetables in a single layer on a baking sheet.</td>
<td>4. Place in a single layer on a baking sheet.</td>
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</tr>
<tr>
<td>5. Place baking sheet in freezer for 2-3 hours or until frozen solid.</td>
<td>5. Place baking sheet in oven and dehydrate for 6-12 hours or until the vegetables are hard. Vegetables will last for up to a year.</td>
<td><strong>Examples of cooked vegetable dishes:</strong> mashed potatoes, mashed winter squash, mashed sweet potatoes, sliced beets and tomato sauce.</td>
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<tr>
<td>6. Remove vegetables from baking sheet with spatula and place into a sealed bag.</td>
<td>6. Place baking sheet in oven and dehydrate for 6-12 hours or until the vegetables are hard.</td>
<td><strong>Examples of cooked vegetable dishes:</strong> mashed potatoes, mashed winter squash, mashed sweet potatoes, sliced beets and tomato sauce.</td>
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| 7. Return to freezer immediately. Frozen vegetables will last for at least a year. | 7. Return to freezer immediately. Frozen vegetables will last for at least a year. | **Uses for dehydrated vegetables:**
- Tomatoes: 6-8 hours
- Greens such as kale: 3-5 hours
- Mushrooms: 4-8 hours

### Good vegetables for blanching:
- greens
- broccoli
- cauliflower
- green beans
- carrots
- corn
- peppers
- celery

Use for soups, stews or vegetable side dishes.