

Food Preservation

Tips



Freezing

- Freezing works best for young, tender vegetables and fully ripe fruit.
- Pretreat light colored fruits before freezing to prevent darkening.
- Blanch vegetables before freezing to kill the enzymes that cause flavor and texture changes.
- Use freezer wrap, bags, and containers. The better the wrap, the better the quality.
- Freeze foods quickly and for best quality, use within one year.

You can find current and complete home food preservation information from the experts at WSU Extension!



Questions? Contact WSU Extension for more information:



Explore food preservation resources by scanning the QR code or visiting the Consumer Food Safety website: extension.wsu.edu/foodsafety/food-processing

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