

# Freezer Friendly Fruits and Veggies

*This free tip sheet was produced by the Cheapskates Club –*  
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Not all fruits and vegetables will freeze well fresh from the garden (or greengrocer). Fruits can often be frozen without much preparation but the same can't be said about vegetables. Most vegetables will require you to blanch them for about 5 minutes and then dip them into ice water to stop the cooking process before they can be frozen.

## Fruits that freeze well include:

- \* Apples
- \* Apricots
- \* Bananas
- \* Berries of all kinds
- \* Cherries
- \* Coconut
- \* Cranberries
- \* Citrus
- \* Grapes
- \* Nectarines
- \* Peaches
- \* Pears
- \* Pineapple
- \* Plums
- \* Raspberries
- \* Rhubarb
- \* Strawberries

Fruits that don't freeze well include watermelon and citrus fruit sections. While you may find these fruits frozen, you will notice the texture is totally different when thawed.

## Vegetables which freeze well include:

- \* Asparagus
- \* Beans – most varieties
- \* Broccoli
- \* Cabbage (only use for cooking)
- \* Carrots
- \* Cauliflower
- \* Celery
- \* Corn
- \* Eggplant
- \* Parsnips
- \* Peas (black-eyed and green)
- \* Pumpkin
- \* Sweet potatoes
- \* Rutabagas and turnips
- \* Summer squash
- \* Tomatoes (stewed, only use for cooking)

Vegetables you don't want to freeze include lettuce, cabbage, cucumbers, endive, parsley and radishes.

Remember that even though most fruits and vegetables are freezer friendly, they won't be exactly the same as fresh. The taste should be very similar, but the texture could be considerably different. If you have an overabundance of fruits and vegetables, however, freezing them is one way to store them for long-term use.