

Laws of Food Preservation: Freezing

- Use fresh, high quality vegetables & fruits.
- **Use a current, tested recipe from a reliable source to ensure safety and success!** Consult Rutgers Cooperative Extension or the [National Center For Home Food Preservation](#).
- Keep your freezer at 0°F or below.
- Use freezer containers, bags or wrap.
- Blanch most vegetables prior to freezing for best quality.
- Treat light-colored fruit with ascorbic acid to prevent darkening.
- Freeze fruit with or without sugar.
- Use food within the recommended storage times for best quality.
- Freezer burn happens when food dries out leaving dry, white areas.

