



# Handy Reference for Freezing Fruits

## 2006 Recommendations

### Approximate Amount of Fresh Fruit Needed to Yield 1 Quart of Frozen Fruit

Fruit	Amount
Apples	2½ to 3 pounds
Apricots	2 to 2½ pounds
Berries (except Strawberries)	1 ½ to 3 pounds (1-2 qt. boxes)
Cherries, unpitted	2 to 2½ pounds
Cranberries	1 pound
Grapes	4 pounds
Peaches, Nectarines	2 to 3 pounds
Pears	2 to 2½ pounds
Plums	2 to 2½ pounds
Raspberries	1 quart
Rhubarb	2 pounds
Strawberries	1½ quarts

### Ways to Pack Fruit

**Syrup Pack** – Whole fruits and those that tend to darken. Mix and dissolve sugar in water; add ascorbic acid if needed.

**Sugar Syrup** – Choose the type of syrup to suit the sweetness of the fruit and your taste. The sweet syrup helps the fruit hold its shape, color and flavor, however it does not prevent spoilage. The very light syrup approximates natural sugar levels in most fruits and adds the fewest calories.

Type of Syrup	Percent Sugar	Cups Sugar	Cups Water	Yield in Cups
<i>Very Light</i>	10%	½	4	4½
<i>Light</i>	20%	1	4	4¾
<i>Medium</i>	30%	1¾	4	5
<i>Heavy</i>	40%	2¾	4	5⅓
<i>Very Heavy</i>	50%	4	4	6

**Other Sweeteners:** Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups. The amount of water is the same.

**Sugar Pack** – For juicy fruits and for those that do not darken. Mix 1 quart of fruit with ¼ to 1 cup of sugar (depending on personal taste).

**Dry Pack** – Pack towel-dried small or whole washed fruits in a container, seal, label, freeze.

**Loose or Tray Pack** – Spread fruits in a single layer on tray. When frozen (approximately ½ hour), package.

**Non-sugar Sweeteners** – Sugar substitutes may be used in any of the unsweetened packs. Both saccharin and aspartame work well in frozen products or they may be added to fruit just before serving.

Fruit	Type of Pack	
	Best Quality Pack	Other Recommend Packs
Apple Slices: for pie	sugar	dry, water, juice
for uncooked desserts	40% syrup <sup>+</sup>	water, juice
Applesauce	sugar	unsweetened
Apricots	40% syrup <sup>+</sup>	sugar, syrup, water, juice
Blackberries	40 or 50% syrup <sup>+</sup>	sugar, dry, water, juice
Blueberries	tray, dry	crushed with sugar
Cherries: sour	50% syrup	sugar, dry, water, juice
sweet	40% syrup <sup>+</sup>	dry, water, juice
Cranberries	tray, dry	syrup
Grapes, seeded whole	40% syrup	
juice	unsweetened	sugar
puree	sugar	
for pie	sugar, lemon juice	
Peaches, Nectarines	40% syrup <sup>+</sup>	sugar, water, juice
Pears: heated	40% syrup <sup>+</sup>	water, juice
Plums	40 or 50% syrup <sup>+</sup>	water, juice
Raspberries	tray, dry	sugar, syrup
Strawberries: whole	sugar	50% syrup, water, juice
sliced	sugar	unsweetened
crushed	sugar	unsweetened

<sup>+</sup> Add ascorbic acid (vitamin C) to the syrup to prevent darkening:

Crystalline – ½ teaspoon per quart syrup

Tablets – 1500 milligrams per quart syrup

**Reference:**

So Easy To Preserve, 4th Edition, Cooperative Extension Service, University of Georgia, 1999.

For additional information, contact your local Cornell Cooperative Extension Office.

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