FRUITS AND VEGETABLES

YOU CAN FREEZE

1. Broccoli – Freezes well, especially when blanched first to preserve its color and texture.
2. Cauliflower – Freezes well when blanched and can be used in soups, stir-fries, or roasted dishes.
3. Spinach – These leafy greens freeze well, especially when blanched. They're great for smoothies, soups, or sautéed dishes.
4. Kale – Same as spinach.
5. Peas – Freeze raw or blanched.
6. Green Beans – Blanch before freezing.
7. Carrots – Blanch before freezing.
8. Bell Peppers – Freeze raw, sliced or chopped. They're perfect for stir-fries, fajitas, or casseroles.
9. Zucchini – Freeze raw, sliced or shredded. Use in soups, stews, or baking.
10. Butternut Squash – Blanch or freeze raw, cubed. Great for roasting, soups, or purees.
11. Corn (Kernels) – Kernels can be frozen either blanched or raw, maintaining their sweetness and texture for soups, salads, or sides.
12. *Apples – Freeze cooked.
13. Blueberries – Freeze raw.
14. Strawberries – Freeze raw, hulled.
15. Raspberries – Freeze raw.
16. Cherries – Freeze pitted and raw.
17. Bananas – Freeze peeled, whole, or sliced.
18. Pineapple – Freeze raw, cubed.
19. Mango – Freeze raw, cubed.
20. Peaches – Freeze raw, sliced.

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YOU SHOULD NOT FREEZE

1. Lettuce – Becomes limp and watery.
2. Cucumbers – Turns mushy when thawed.
3. Celery – Loses its crunch and becomes rubbery.
4. Radishes – Becomes soft and spongy.
5. Tomatoes (Raw) – Turns mushy; best used in sauces if freezing.
6. Avocados – Becomes mushy and brown; better in guacamole after freezing.
7. Potatoes (Raw) – Turns grainy or mealy; better cooked if freezing.
8. Zucchini (Whole) – Becomes watery and mushy.
9. Watermelon – Turns mushy when thawed.
10. Cabbage – Becomes watery and limp.
11. Onions (Whole or Raw) – Loses crispness for any raw use but is okay for cooking after freezing.
12. Herbs (Basil, Cilantro) – Loses texture and color; better frozen in oil.
13. Grapes – Turns mushy when thawed, although can be eaten frozen.
14. Citrus Fruits (Whole) – Becomes mushy and loses flavor.
15. *Apples (Whole) – Changes texture and become mushy; it is better to use fresh or freeze-cooked.
16. Peaches (Whole) – Turns mushy; better sliced before freezing.
17. Plums – Loses texture and becomes mushy.
18. Pears – Becomes mushy and discolored.
19. Melons – Turns watery and loses texture.
20. Eggplant – Becomes spongy and discolored when thawed.