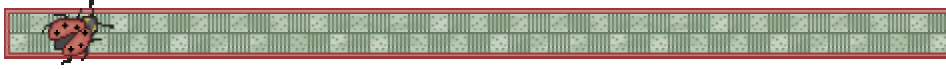


Freezing Fruits



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Fruit	Preparation	Type Of Pack
Apples	Peel, core, slice. Put in solution to prevent darkening, blanch 2 min. or cut directly into syrup	40% syrup
Berries (except strawberries)	wash, cut in halves, pit- pick over, wash, drain well	40-50% syrup 30% syrup, dry or no sugar
Cherries (sour)	wash, drain, pit	50% syrup or dry sugar
Cherries (sweet)	wash, drain, pit or leave whole	30%-40% syrup
Cranberries	pick over, wash, drain	50%-60% syrup, dry or no sugar
Figs	wash, remove stems, leave whole, half or sliced	30-40% syrup
Peaches & Nectarines	wash, peel, pit, cut in sections or dice, put in solution to prevent darkening	30-40% syrup or dry sugar with ascorbic acid
Pineapple	peel, remove core, eyes and slice or dice	40-50% syrup
Plums & prunes	wash, halve and pit	dry sugar or 40-50% syrup
Rhubarb	wash, trim, cut in 1 inch pieces	50-60% syrup
Strawberries	wash, hull, slice or leave whole	dry sugar or 40%50%

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