



Cooking Skills Workshops Freezing Vegetables and Fruit



Goodness in Many Ways.

A campaign to increase access to, and consumption of, fresh, canned, and frozen vegetables and fruit for Nova Scotians and their families.

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Goodness in Many Ways Cooking Skills Workshops

The workshops are part of a larger province wide campaign called Goodness in Many Ways, which is led by the Heart and Stroke Foundation, the Canadian Cancer Society (Nova Scotia Division) and the Nova Scotia Department of Health and Wellness. The campaign focuses on increasing awareness of the benefits of fresh, canned and frozen vegetables and fruit.

About the Workshops

The content and modules used as part of the Goodness in Many Ways Workshops were designed based on pilot testing in 2010. Each workshop covers a specific topic related to fruit and vegetable food preparation, and it is designed to support the development of cooking skills, healthy eating knowledge and habits. The modules are designed to build on each other over four weeks; however they can also be offered on a standalone basis. Be sure to check out all of the workshops at www.freshcannedfrozen.com.

Goodness in Many Ways was funded by the Nova Scotia Department of Health and Wellness and the Public Health Agency of Canada from 2010-2012. **Note:** The Workshop modules are provided for community use and should acknowledge the Goodness in Many Ways campaign when being used. You may not adapt this work without permission.



Frozen Vegetables and Fruit

Choosing frozen vegetables and fruit for every day meals is a good way to increase vegetable and fruit intake for the whole family.

Frozen vegetables and fruit are available all year round and make a good choice during the winter and spring months when fresh vegetables and fruits are not plentiful or may be too expensive.

Frozen vegetables and fruit are:

- Nutritious - their nutrition is equal to fresh vegetables and fruit.
- Convenient - clean, cut and ready to use!



- ✓ The goals of the workshop are to:
- ✓ Learn how frozen vegetables and fruits can be substituted for fresh vegetables and fruit.
- ✓ Learn the most affordable way to buy frozen vegetables and fruit.
- ✓ Learn how to freeze fresh, in-season Nova Scotia vegetables and fruit.
- ✓ Prepare recipes from the *Strive for Five at School!* Cookbook for Families that use frozen vegetables and fruit.





Which Brand is the Best Buy?

Grocery stores have many different brands of frozen vegetables and fruit. Some are plain and some have sauces and other ingredients added.

- The cost of frozen vegetables and fruit change according to the brand name, size of the package and other ingredients which have been added.

Look at the following prices of frozen peas and green beans from a local Nova Scotia grocery store.

Frozen Peas

Brand	Size	Cost	Cost per serving
Store Brand	2 kg	\$4.00	0.20
Leading Brand Name	750 g	\$3.00	0.40
Peas in butter sauce	250 g	\$1.99	0.80

Frozen Green Beans

Brand	Size	Cost	Cost per serving
Store Brand	1 kg	\$1.99	0.17
Leading Brand Name	750 g	\$2.99	0.34
Special Brand	500 g	\$3.89	0.66



Which brand of frozen peas and green beans is the best buy? _____

Frozen vegetables are a convenient way to add vegetables to your meal plans.

- Leading brand names can be the most expensive.
- Specialty vegetables that are frozen in butter or sauces are more costly than other types of frozen vegetables.
- Look for recipes using frozen vegetables or to mix it up, replace fresh or canned vegetables with a frozen variety.

Tips on buying frozen vegetables and fruits:

- At the store, choose frozen vegetables and fruits last and bag them all together to keep them as cold as possible.
- Choose packages that are well sealed and feel hard, not mushy.
- At home put frozen vegetables and fruits away first.
- After frozen vegetables and fruits are open, reseal the bag or put the vegetables and fruits in a new freezer bag.

Home Freezing of Vegetables and Fruit

Freezing is the easiest way to preserve foods. It also keeps the flavour, colour and nutrients of the vegetable or fruit better than canned vegetables and fruit.



Home freezing of vegetables and fruit

Advantages of home freezing	Disadvantages of home freezing
<ul style="list-style-type: none">• Simple and quick• Keeps fresh flavour, colour and nutrients• Fresh picked taste	<ul style="list-style-type: none">• Needs freezer space• Needs electricity• Food spoils in case of a power outage

It is most economical to freeze vegetables when they are in season. If possible they should be frozen the same day they are picked or bought at the grocery store or farmers market. Vegetables that are frozen fresh will taste better and keep more nutrients.

⇒ To review seasonal availability, refer to 'Seasonal Availability Chart of Fresh Nova Scotia Vegetables' in the Workshop # 1 training module, **Fresh, In-Season Vegetables and Fruit** (p. 3)



Goodness in Many Ways

Equipment for Freezing Vegetables

- Clean work surfaces and knives
- Clean pot with lid for blanching
- Clean mesh basket or blanching basket
- Clean towels or salad spinner
- Basin or large mixing bowl with ice cubes
- Timer

Water Blanching:

Water blanching slows down enzyme activity in the vegetables and helps to keep the colour, texture and flavour in frozen vegetables. The heat in the water from blanching also helps to kill any outside bacteria that could be on the outside of the vegetable.

- Each vegetable has its own water blanching time
- It is important to blanch for the exact time
- Start the blanching time when the water is boiling over the vegetable

Tip:

A metal mesh basket or hard plastic strainer can be used as a blancher. A blancher is a special cooking pot with holes that can be placed in the pot of boiling water.

ONLY VEGETABLES need to be blanched.

When water blanching

- The vegetables are heated for a short period of time and then the vegetables are quickly cooled in cold water before freezing

Note: It is necessary to change the blanching water for each vegetable batch that is blanched.



Blanching Times for Common Nova Scotia Vegetables

Vegetable	Blanching Time
Asparagus	2-3 minutes
Green or Yellow beans	3 minutes
Broccoli	4 minutes
Brussels Sprouts	4 minutes
Cauliflower	4 minutes
Corn (from the cob)	4 minutes
Greens (spinach, Swiss chard)	2 minutes
Peas	2 minutes

<http://hortns.com/consumer-page>.

Important: High quality freezer containers help keep the natural flavour, colour and texture of vegetables and fruit. Lower quality freezer containers will cause the vegetable or fruit to become dry, tough and have a poor taste. This is called ‘freezer burn’.

High Quality Freezer Containers (good for a year)

Use these freezer containers for freezing

- ✓ plastic heavy weight freezer bags
- ✓ rigid freezer containers
- ✓ freezer jars

Lower Quality Freezer Containers (good for 2 months)

Use these freezer containers for freezing for a shorter period of time

- ✓ plastic bread bags
- ✓ yogurt containers
- ✓ cottage cheese containers



Demonstration- Freezing Nova Scotia Beans

⇒ Follow along during the demonstration of freezing beans and make note of the steps as we go along!



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



Home Freezing of Nova Scotia Fruit

For most fruit, freezing is the easiest and best method of preserving. Frozen fruit are tasty and juicy.

Like vegetables, it is most economical to freeze fruit when they are in season.

- Fruit should be frozen the same day they are picked or bought at the grocery store or farmers market.
- To review seasonal availability, refer to 'Seasonal Availability Chart of Fresh Nova Scotia Fruit' in the Workshop # 1 training module (p. 5)

Sometimes frozen berries will clump together, to keep frozen berries loose:

- Spread the washed strawberries, cranberries, raspberries, blueberries, blackberries or 1-inch pieces of rhubarb in a single layer on a large cookie tray
- Set the tray in the freezer and when the berries are frozen hard, pour them into a plastic freezer bag and seal.

Dry Pack or Sugarless Freezing of Fruit

Dry pack is the simplest way to freeze whole or cut up firm fruit. To Dry Pack:

- Wash the fully ripe fruit
- Drain and pat or spin dry
- Pack into containers (see containers, p. 5)
- Seal and freeze

Tip: Remember that fruit do not need to be blanched!

Equipment for Freezing Fruit

- Clean work surfaces and knives
- Clean cookie sheet
- Clean towels or salad spinner
- Freezing containers



Demonstration– Freezing Nova Scotia Blueberries

⇒ Follow along during the demonstration of freezing beans and make note of the steps as we go along!



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



Workshop Activities

Freezing a fruit or vegetable

The fruit or vegetable that you chose last week to freeze has been provided for you to freeze today.

- To freeze a vegetable → follow the Vegetable demonstration in the module (p. 7). Be sure to check the blanching time on the 'Blanching times for common Nova Scotia vegetables' chart (p. 8).
- To freeze a fruit → follow the fruit demonstration in the module (p. 11)

Preparation of *Strive for Five at School!* Recipes with Frozen Vegetables and Fruit

<i>Strive for Five at School!</i> Recipes Prepared with Frozen Vegetables	
Frozen Vegetable	Recipe
Broccoli	Creamy Broccoli Casserole (p. 103)
Squash	Cheesy Mexican Enchiladas (p. 42)
Corn	Corny Rice and Bean Salad (p. 65) & Chuck Wagon Taco Pie (p. 25)
Peppers	Roasted Red Peppers Hummus Wraps (p. 80) & Crusty Homemade Vegetable Pizza (p. 38)
Cauliflower	Cauliflower 'n' Cheddar Soup (p. 60)
Yellow Beans	Nova Scotia Vegetable Hodge Podge (p. 73)
Peas	Peas-to-Penne (p. 74)
Spinach	Spanokopita Triangles (p. 119)



<i>Strive for Five at School! Recipes Prepared with Frozen Fruit</i>	
Cranberries	Oatmeal Cranberry Cookies (p. 142)
Strawberries	Strawberry Apple Salsa (p. 166) & Baked in Strawberry Shortcake (p. 90)
Rhubarb	Rhubarb and Blueberry Crumble (p. 58) & Rhubarb Strawberry Smoothie (p. 87)
Blueberries	Blueberry Salsa with Tortilla Chips (p.20) Slow Good Blueberry Spread (p. 24) Blueberry and Maple Scones (p. 56)
Raspberries	Raspberry Sauce with Peach Melba (p. 156) Ruby Red Raspberry Smoothie (p. 158)

*A Cookbook for Families: Adapted from **Strive for Five at School!***

The Goodness in Many Ways cooking skills workshops use recipes adapted from the *Strive for Five at School!* Cookbook for Families. Many of these recipes are featured on the Goodness in Many Ways website

www.freshcannedfrozen.com. **Strive for Five at School!! A Guide to Promoting Fruit and Vegetables** was

developed to help support increased fruit and vegetables in schools while highlighting local and in-vegetables and fruit.

The recipes highlight vegetables and fruit by month based on seasonality and were developed by a professional dietitian.



Workshop Checklist

Thank you for coming to the Goodness in Many Ways Workshop # 2 **Freezing Vegetables and Fruit!** Before you leave, please make sure that you have completed the following:

- Discussed a recipe idea to make with the vegetable or fruit that you froze in this workshop.

To prepare for Workshop # 3 – **Canning Vegetables and Fruit**, please find a few minutes at home to

- Look over the Workshop # 2 content to review the many things discussed today. Bring any questions to Workshop # 3 **Canning Vegetables and Fruit!**

Reminder: Please bring your binder, cookbook and apron to the next workshop.

Date:

Time:

Location:

