

How to Freeze Blueberries

Instructions for freezing blueberries:

- Sort the blueberries: Spread the blue berries on a rimmed baking sheet in an even layer. Remove any stems and any shriveled or moldy blueberries.
- Freeze: Freeze the blueberries on the baking sheet until solid, about 4 hours.
- Bag and label: Transfer the blueberries from the baking sheet to a zip-top freezer bag. Label the bag with the date and return to the freezer.
- Rinse and thaw: Remove frozen blueberries before using. Frozen blue berries can be sprinkled directly on yogurt or in oatmeal, or even baked in muffins. Frozen berries can be thawed quickly in a bowl or room-temp water – 1 cup of berries will take about 5 minutes to thaw.
- Storage: Blueberries can be frozen for up to 10 months, but they are best when used within 6 months.

How to Freeze Peaches

Instructions for freezing peaches:

Wash the peaches.

Cut into slices, (no peeling required)

Soak the peach slices in a lemon juice bath for 5 minutes: 4 cups water + 2 TBSP lemon juice.

Drain. Either dump the peaches into a colander or scoop them out with a slotted spoon. Let them sit on a baking sheet propped up on one end to drain more thoroughly.

Arrange on a large baking sheet.

Freeze for 4 hours- overnight.

Transfer to a freezer bag, labelled with the contents and date.

Freeze for up to 1 year.