

Directions for Freezing Berries

Ingredients and Equipment

- fresh berries - any quantity
- Vacuum food sealer or "ziploc" type freezer bags (the freezer bag version is heavier and protects better against freezer burn.
- a pan or tray that will fit in your freezer
- a strainer or colander

Instructions

Step 1 - Get your berries!

Start with the freshest berries you can get. Look for plump, full berries with a good color.

Step 2 - Wash the berries (EXCEPT for blueberries)

Just rinse them gently in cold water

Step 3 - Drain the berries

Use a large sieve or colander to remove as much water as possible.

Step 4 - Spread the berries in a pan

There are two ways of doing this. If you have space in your freezer, spread the berries out in a large oven pan with a lip or ridge. Put enough on to make 1 layer. this way they will freeze quickly and not be frozen together in a lump, so later you can remove only what you need without thawing the rest.

If your freezer isn't that big, just drain as much of the water as you can, then put them into whatever container will fit in your freezer. After they are frozen, they may stick together a little bit, but should break apart fairly easily.

Step 5 - Put them in the freezer

Pop them into the coldest part of the freezer, or the quick freeze shelf, if your freezer has one!

Leave them in the freezer overnight, to get completely frozen.

Step 6 - Bag the berries

FoodSavers with their vacuum sealing works best. If you don't have one, ziploc bags work, too, but it is hard to get as much air out of the bags. remove the air to prevent drying and freezer burn. Note: Write the labels on the bags with a Sharpie permanent marker BEFORE I fill the bags (it's easier) rather than after. A tip for a low budget vacuum sealer:

"To remove the excess air from a ziploc bag, put a straw inside the bag and zip it closed as far as possible. Then suck the air out of the bag, pinch the straw shut where it enters the bag and pull it from the bag and quickly zip the bag the rest of the way"

Step 7 - Label the bags!

Of course, you'll want to label them with the contents and date, or all this work could be wasted, if you can't identify them later, or don't know how old they are.

Step 8 - Done!

Pop them into the deep freeze, or in the coldest part of your regular freezer!