

Fruit Preservation

Fruit	Canning	Freezing	
Apples	Yes	Yes	Peel before freezing
Bananas	No	Yes	3, Whole or Sliced
Cherries	No	Yes	Pit before freezing
Citrus	No	Yes	3
Grapes	No	Yes	Remove large seeds
Peaches	Yes	Yes	Peel before freezing
Pears	Yes	Yes	Can flash freeze, can peel
Pineapple	Yes	Yes	3 Small pieces
Plums	Yes	Yes	3
Raspberries	No	Yes	3 if juicy
Strawberries	Yes	Yes	3

Most fruits can be made into jams, jellies, preserves, and conserves

1 – Blanch before freezing

2 – Fully cook before freezing

3 – Flash freeze before packaging for freezer

Vegetable Preservation

Vegetable	Canning	Freezing	
Asparagus	Yes	Yes	1
Beets	Yes	Yes	2, 3, Can be pickled
Black-eyed Peas	Yes	Yes	1
Broccoli	No	Yes	1, 3
Cabbage	As Sauerkraut	Yes	1, Can be pickled
Carrots	Yes	Yes	1
Cauliflower	No	Yes	Can be pickled
Corn	Yes	Yes	1
Cucumbers	Yes	Yes	3, Can be pickled
Green Beans	Yes	Yes	1
Onions	No	Yes	Can be pickled
Peas	Yes	Yes	1
Peppers	No	Yes	1, 3
Potatoes	Yes	Yes	1
Pumpkin	No	Yes	2
Summer Squash	No	Yes	1
Tomatoes	Yes	Yes	1
Winter Squash	No	Yes	2
Zucchini	No	Yes	1

1 – Blanch before freezing

2 – Fully cook before freezing

3 – Flash freeze before packaging for freezer