



# Fresh or Frozen?

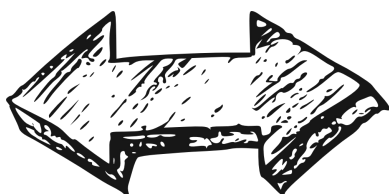


With less frequent trips to the grocery store, it important that our fruits and vegetables last longer. So should you buy fresh or frozen produce?

## Fresh Produce

When produce is in season fresh fruit packs the most vitamins and minerals.

However, organic or conventional fruits and vegetables continue to ripen and eventually will rot and go bad.



When produce is in season and at peak freshness some companies immediately freeze the fresh fruits and vegetables. Frozen produce offers the same nutritional benefits as frozen and will last longer! Frozen produce can last up to 1 year in the freezer.

Bought fresh produce and it is ripening faster than you can eat it? One option is to freeze your fresh produce. Optimize the quality of your fresh produce before freezing by blanching them first. Blanching includes boiling produce for about 1 minute and then immediately submerging in an ice bath. Air dry and store in the freezer!

## Try these fun frozen produce recipes!



### Frozen Grapes

Simple, but delicious. As the weather warms up, this delicious sweet treat will be a hit with your kids!

1. Wash fresh grapes.
2. Remove stems.
3. Air dry on a baking sheet, spacing grapes out to not touch.
4. Place baking sheet in freezer till grapes are solid.
5. Transfer frozen grapes to freezer-safe gallon sized bag for easy snacking!



### Frozen Cauliflower Fried Rice

This vegetable packed recipe can be a different meal each time you make it by mixing up the vegetable and protein options! Save time by using precooked, frozen options!

1. Heat pan with oil (olive or sesame) and begin by scrambling eggs, then remove.
2. In an empty pan add in frozen vegetables, cook till hot.
3. Then add in defrosted rice cauliflower and cook in oil till "fried."
4. Add in precooked protein option (chicken, shrimp, tofu)
5. Add egg back in and heat all together and finish with seasonings of choice (garlic, soy sauce, pepper, Chinese 5 spice, etc.)



### Frozen Yogurt Bark

A yogurt parfait in a frozen, easy to eat treat. Easy to follow steps your kids can do alone!

1. Line a baking sheet with wax paper.
2. Combine 2 cups of plain yogurt, ¼ cup honey, ½ teaspoon of vanilla extract, ¼ teaspoon of lemon juice.
3. Transfer to baking sheet and evenly spread out.
4. Top with berries, nuts or chocolate of choice.
5. Freeze for 1-3 hours or until firm.
6. Cut into pieces - serve or keep in freezer.