



FREEZING RESOURCES

Publication Title	URL
<i>Freezing Prepared Foods</i> (HGIC 3065, 9/99) Clemson Extension	http://www.clemson.edu/extension/hgic/food/food_safety/preservation/hgic3065.html
<i>Freezing Vegetables</i> (no. 9.330, 3/08) Colorado State University Extension	http://www.ext.colostate.edu/pubs/foodnut/09330.html
<i>Handy Reference for Freezing Vegetables</i> (5/06) Cornell University Cooperative Extension	http://counties.cce.cornell.edu/oneida/nutrition/freezingvegetables.pdf
<i>Canning, Freezing and Drying Resources</i> University of Georgia Extension	http://www.fcs.uga.edu/ext/pubs/food.php?category=Preserving
<i>Refrigerator/Freezer</i> (L-805, 3/90) Kansas State University Extension	http://www.uga.edu/nchfp/how/store/ksu_refrig_freeze.pdf
<i>Freezing Fruits and Vegetables</i> (WW-00555, 1990) University of Minnesota Extension Service	http://www.extension.umn.edu/distribution/nutrition/DJ0555.html
<i>Blanch Vegetables Before Freezing</i> (6/09) University of Missouri Extension	http://missourifamilies.org/features/foodsafetyarticles/dfsftyfeature12.htm
<i>Frequently Asked Freezing Questions</i> National Center for Home Food Preservation	http://www.uga.edu/nchfp/questions/FAQ_freezing.html
<i>Freezing</i> National Center for Home Food Preservation	http://www.uga.edu/nchfp/how/freeze/blanching.html
<i>Canning, Freezing & Vacuum Packaging Resources</i> University of Nebraska Extension	http://lancaster.unl.edu/food/foodpres.shtml
<i>Summer Fruits & Veggies: Q&A</i> University of Nebraska Extension	http://lancaster.unl.edu/food/ftj-a04.htm
<i>Food Freezing Basics: Freezing Dairy Products, Eggs and Other Food</i> (FN-W616, 7/05) North Dakota State University Extension	http://www.ext.nodak.edu/extpubs/yf/foods/fnw616.pdf

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<i>Food Freezing Basics: Freezing Poultry and Fish</i> (FN-W615, 7/05) North Dakota State University Extension	http://www.ext.nodak.edu/extpubs/yf/foods/fnw615.pdf
<i>Food Freezing Basics: Methods of Wrapping</i> (FN-W613, 7/05) North Dakota State University Extension	http://www.ext.nodak.edu/extpubs/yf/foods/fnw613.pdf
<i>Food Freezing Basics: Packaging, Loading the Freezer and Refreezing</i> (FN-W614, 7/05) North Dakota State University Extension	http://www.ext.nodak.edu/extpubs/yf/foods/fnw614.pdf
<i>Food Freezing Guide</i> (FN-403, 2004) North Dakota State University Extension	http://www.ext.nodak.edu/extpubs/yf/foods/fn403.pdf
<i>Freezing Fruits</i> (FN-182, 8/04) North Dakota State University Extension	http://www.ext.nodak.edu/extpubs/yf/foods/fn182.pdf
<i>Freezing Vegetables</i> (FN-187, 8/04) North Dakota State University Extension	http://www.ext.nodak.edu/extpubs/yf/foods/fn187.pdf
<i>Freezing Vegetables</i> (HYG-5333-09, 2009) Ohio State University Extension	http://ohioline.osu.edu/hyg-fact/5000/pdf/5333.pdf
<i>Freezing Convenience Foods</i> (PNW 296, 4/09) Oregon State University	http://extension.oregonstate.edu/catalog/pdf/pnw/pnw296.pdf
<i>Fruit Pie Fillings</i> (2004) Penn State University	http://foodsafety.psu.edu/lp_series/10%20LP%20FruitPieFill%20PM7.pdf
<i>Basics for Handling Food Safely</i> (9/06) United States Department of Agriculture	http://www.fsis.usda.gov/Fact_Sheets/Basics_For_Handling_Food_Safely/index.asp
<i>Food Safety Education, Ask Karen</i> United States Department of Agriculture	http://www.fsis.usda.gov/Food_Safety_Education/ask_karen/index.asp#Question
<i>Safe Food Handling</i> (10/05) United States Department of Agriculture	http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Freezing/index.asp
<i>Freezing Fruits & Vegetables</i> (B3278, 4/08) University of Wisconsin Extension	http://www.foodsafety.wisc.edu/assets/preservation/B3278_Freeze_FruitVege.pdf

Other suggested resources:

Ball Blue Book of Preserving, Ball Corporation, Muncie, Indiana, 2003.

Putting Food By, 4th Edition, J. Greene, R. Hertzberg and B. Vaughan, The Stephen Greene Press, Brattleboro, Vermont, 1988.

So Easy to Preserve, 3rd Edition, S. Reynolds, P. Williams and J. Harrison, Cooperative Extension Service, University of Georgia, Athens, Georgia, 1993.

University of Minnesota Food Safety website: <http://www.extension.umn.edu/foodsafety/>.



Resource list prepared to augment presentation, *Xtreme Frostbite: Best Practices for Freezing*. Jean Pitt, Extension Educator, Food Science; updated by Suzanne Driessen, Extension Educator, Food Science, July 2009