



# FREEZING RESOURCES

Publication Title	URL
<p><i>Freezing Prepared Foods</i>                      (HGIC 3065, 9/99)                      Clemson Extension</p>	<p><a href="http://hgic.clemson.edu/factsheets/HGIC3065.htm">http://hgic.clemson.edu/factsheets/HGIC3065.htm</a></p>
<p><i>Freezing Vegetables</i>                      (no. 9.330, 2/9/05)                      Colorado State University Extension</p>	<p><a href="http://www.ext.colostate.edu/pubs/foodnut/09330.html">http://www.ext.colostate.edu/pubs/foodnut/09330.html</a></p>
<p><i>Freezing Vegetables – Directions for Blanching</i> (9/00)                      Cornell University Cooperative Extension</p>	<p><a href="http://www.cce.cornell.edu/onondaga/nutrition/FactSheets/freezing2.htm">http://www.cce.cornell.edu/onondaga/nutrition/FactSheets/freezing2.htm</a></p>
<p><i>Preserving Food: Freezing Fruit</i>                      (FDNS-E-43-4, 7/00)  <i>Preparing Food: Freezing Prepared Foods</i>                      (FDNS-E-43-14, 7/02)  <i>Preserving Food: Freezing Vegetables</i>                      (FDNS-E-43-5, 7/00)                      University of Georgia Extension</p>	<p><a href="http://www.fcs.uga.edu/extension/food_pubs.php">http://www.fcs.uga.edu/extension/food_pubs.php</a></p>
<p><i>Cole Slaw – Freezing</i>                      University of Illinois Extension</p>	<p><a href="http://www.solutions.uiuc.edu/content.cfm?item=315&amp;series=3">http://www.solutions.uiuc.edu/content.cfm?item=315&amp;series=3</a></p>
<p><i>Freezer Pickles</i>                      University of Illinois Extension</p>	<p><a href="http://www.solutions.uiuc.edu/content.cfm?item=93&amp;series=3">http://www.solutions.uiuc.edu/content.cfm?item=93&amp;series=3</a></p>
<p><i>Freezing Vegetables</i> (FP02-21, 7/02)                      University of Illinois Extension</p>	<p><a href="http://www.solutions.uiuc.edu/content.cfm?series=3&amp;item=130&amp;Parents=0 13 30 33">http://www.solutions.uiuc.edu/content.cfm?series=3&amp;item=130&amp;Parents=0 13 30 33</a></p>
<p><i>Refrigerator/Freezer</i> (L-805, 3/90)                      Kansas State University Extension</p>	<p><a href="http://www.uga.edu/nchfp/how/store/ksu_refrig_freeze.pdf">http://www.uga.edu/nchfp/how/store/ksu_refrig_freeze.pdf</a></p>
<p><i>Freezing Fruits and Vegetables</i>                      (WW-00555, 1990)                      University of Minnesota Extension Service</p>	<p><a href="http://www.extension.umn.edu/distribution/nutrition/DJ0555.html">http://www.extension.umn.edu/distribution/nutrition/DJ0555.html</a></p>
<p><i>Blanch Vegetables Before Freezing</i>                      (4/12/05)                      University of Missouri Extension</p>	<p><a href="http://missourifamilies.org/features/foodsafetyarticles/foodsftyfeature12.htm">http://missourifamilies.org/features/foodsafetyarticles/foodsftyfeature12.htm</a></p>
<p><i>Frequently Asked Freezing Questions</i>                      National Center for Home Food Preservation</p>	<p><a href="http://www.uga.edu/nchfp/questions/FAQ_freezing.html">http://www.uga.edu/nchfp/questions/FAQ_freezing.html</a></p>
<p><i>Freezing</i>                      National Center for Home Food Preservation</p>	<p><a href="http://www.uga.edu/nchfp/how/freeze/blanching.html">http://www.uga.edu/nchfp/how/freeze/blanching.html</a></p>
<p><i>Home Food Preservation: Canning, Freezing &amp; Vacuum Packaging</i>                      University of Nebraska Extension</p>	<p><a href="http://lancaster.unl.edu/food/foodpres.html">http://lancaster.unl.edu/food/foodpres.html</a></p>
<p><i>Summer Fruits &amp; Veggies: Q&amp;A</i>                      University of Nebraska Extension</p>	<p><a href="http://lancaster.unl.edu/food/ftj-a04.html">http://lancaster.unl.edu/food/ftj-a04.html</a></p>

Publication Title	URL
<i>Food Freezing Basics: Freezing Dairy Products, Eggs and Other Food</i> (FN-W616) North Dakota State University Extension	<a href="http://www.ext.nodak.edu/extpubs/yf/foods/fnw616.pdf">http://www.ext.nodak.edu/extpubs/yf/foods/fnw616.pdf</a>
<i>Food Freezing Basics: Freezing Poultry and Fish</i> (FN-W615) North Dakota State University Extension	<a href="http://www.ext.nodak.edu/extpubs/yf/foods/fnw615.pdf">http://www.ext.nodak.edu/extpubs/yf/foods/fnw615.pdf</a>
<i>Food Freezing Basics: Methods of Wrapping</i> (FN-W613, 8/05) North Dakota State University Extension	<a href="http://www.ext.nodak.edu/extpubs/yf/foods/fnw613.pdf">http://www.ext.nodak.edu/extpubs/yf/foods/fnw613.pdf</a>
<i>Food Freezing Basics: Packaging, Loading the Freezer and Refreezing</i> (FN-W614, 8/05) North Dakota State University Extension	<a href="http://www.ext.nodak.edu/extpubs/yf/foods/fnw614.pdf">http://www.ext.nodak.edu/extpubs/yf/foods/fnw614.pdf</a>
<i>Food Freezing Guide</i> (FN-403, 9/85) North Dakota State University Extension	<a href="http://www.ext.nodak.edu/extpubs/yf/foods/fn403.pdf">http://www.ext.nodak.edu/extpubs/yf/foods/fn403.pdf</a>
<i>Freezing Fruits</i> (FN-182, 8/04) North Dakota State University Extension	<a href="http://www.ext.nodak.edu/extpubs/yf/foods/fn182.pdf">http://www.ext.nodak.edu/extpubs/yf/foods/fn182.pdf</a>
<i>Freezing Vegetables</i> (FN-187, 8/04) North Dakota State University Extension	<a href="http://www.ext.nodak.edu/extpubs/yf/foods/fn187.pdf">http://www.ext.nodak.edu/extpubs/yf/foods/fn187.pdf</a>
<i>Freezing Vegetables</i> (HYG-5333-97) Ohio State University Extension	<a href="http://ohioline.osu.edu/hyg-fact/5000/5333.html">http://ohioline.osu.edu/hyg-fact/5000/5333.html</a>
<i>Freezing Convenience Foods</i> (9/02) Oregon State University	<a href="http://eesc.orst.edu/agcomwebfile/edmat/pnw296.pdf">http://eesc.orst.edu/agcomwebfile/edmat/pnw296.pdf</a>
<i>Fruit Pie Fillings</i> (2004) Penn State University	<a href="http://foodsafety.cas.psu.edu/lp_series/10%20LP%20FruitPieFill%20PM7.pdf">http://foodsafety.cas.psu.edu/lp_series/10%20LP%20FruitPieFill%20PM7.pdf</a>
<i>Cómo congelar frutas y verduras (Freezing Fruits and Vegetables)</i> (L-2215S, 8/99) Texas A&M University Extension	<a href="http://tcebookstore.org/pubinfo.cfm?pubid=1056">http://tcebookstore.org/pubinfo.cfm?pubid=1056</a>
<i>Basics for Handling Food Safely</i> United States Department of Agriculture	<a href="http://www.fsis.usda.gov/oa/pubs/facts_basics.pdf">http://www.fsis.usda.gov/oa/pubs/facts_basics.pdf</a>
<i>Food Safety Education</i> United States Department of Agriculture	<a href="http://www.fsis.usda.gov/Food_Safety_Education/ask_karen/index.asp#Question">http://www.fsis.usda.gov/Food_Safety_Education/ask_karen/index.asp#Question</a>
<i>Safe Food Handling</i> United States Department of Agriculture	<a href="http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Freezing/index.asp">http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Freezing/index.asp</a>
<i>Freezing Fruits &amp; Vegetables</i> (B3278, 2000) University of Wisconsin Extension	<a href="http://www.uwex.edu/ces/pubs">http://www.uwex.edu/ces/pubs</a>

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 web site: <http://www.extension.umn.edu/foodsafety/>.

Resource list prepared to augment presentation, *Xtreme Frostbite: Best Practices for Freezing*. Jean Pitt, Regional Extension Educator, Food Safety.

