



# Freezing Common Summer Produce



**Berries:** Stock up during the summer when berries are less expensive, higher in vitamin C, and more flavorful! Use the Cookie Sheet Method.

**Peaches, Plums, and Cherries:** Remove pits first and slice into bite-sized pieces. Use the Cookie Sheet Method. If you prefer fuzz-free peaches, blanch and peel first.

**Zucchini:** What to do with all that zucchini? Quickly blanch and use the Cookie Sheet Method. Zucchini has high water content, making it slightly mushy once thawed, so use it in recipes like lasagna or pureed into a sauce. Or, grate and freeze flat in bags to make zucchini bread!

**Green Beans:** Trim and cut beans to desired size, then blanch and use the Cookie Sheet Method.

**Tomatoes:** Blanched and peeled tomatoes can be frozen and used in recipes later. However, tomatoes tend to freeze best when already cooked into something like sauce or soup.

## Basic Tomato Sauce

Makes about 6 servings

### Ingredients

- 2 tablespoons vegetable oil
- 1 medium onion, peeled and chopped
- 3 garlic cloves, chopped
- 1 pound fresh tomatoes, seeds removed and chopped
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon dried basil, oregano, or Italian seasoning (if you like)
- 3 tablespoons tomato paste

### Directions

1. Heat oil in a large skillet over medium heat. Add the onion and cook until soft. Stir in garlic and cook 1 minute.
2. Stir in tomatoes, black pepper, salt, and sugar. If using basil, oregano, or Italian seasoning, add that too.
3. Cook 15 minutes.
4. Stir in tomato paste and cook another 15 to 20 minutes.

*Recipe from What's Cooking, USDA Mixing Bowl*

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