

HEALTHY TIPS & TRICKS

fresh versus frozen



We all know that fruits and vegetables are some of the healthiest foods that we can eat. They're full of vitamins, nutrients, and natural antioxidants that can help improve our health and protect us from illness. When it comes to choosing between fresh and frozen, most people believe that fresh is the best option.

BUT ARE FRESH FRUITS AND VEGETABLES ACTUALLY HEALTHIER THAN FROZEN?



Research shows that there is no significant difference in nutritional value between fresh and frozen produce. While eating fresh fruits and vegetables is ideal, the reality is that unless you're growing your own food or shopping at your local market, your produce may not really be that fresh. Most fresh fruits and vegetables are picked before they are ripe so they have time to fully ripen during transportation. Unfortunately, this means they have less time to fully develop the vitamins, minerals, and antioxidants that make them so healthy.

Produce can spend from 3 days to several weeks in transit before arriving at its destination and finally making it to your store shelf. Some foods like apples, pears, onions, and potatoes can be stored for months in a controlled environment before they are even shipped out. Since produce begins to lose nutrient value within 3 days after harvest, the longer it takes to reach your plate, the less nutritious it becomes.

In comparison, nutritive losses in frozen produce are minimal if they are stored and handled appropriately. Fruits and vegetables that will be frozen are generally picked at their peak ripeness when they are full of flavour and the most nutritious. Normally, they are washed, frozen, and packaged within a few hours of picking so for the most part, the nutrient content remains intact. Vegetables are normally blanched before being frozen to help prevent loss of colour, flavour, and texture and there is some nutrient loss as a result, but it isn't significant.

HOW TO FREEZE FRESH FRUITS & VEGETABLES

Freezing your produce is a great way to preserve your garden's bounty or fresh local buys. It's not as simple as buying a bag from the store, but the effort will be worth it when you have frozen fruit for tarts and smoothies and veggies for soups and healthy side dishes.

Step 1

Wash and dry produce. Trim and clean as needed and cut into sizes based on how you will use it in your cooking.



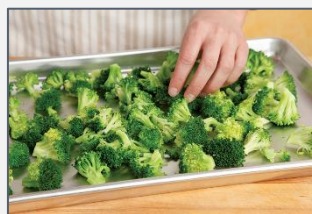
Step 2:

Blanch vegetables for 2 to 3 minutes. Transfer to a large bowl of ice water. Drain well, then pat dry. Fruit does not require blanching.



Step 3

Spread in a single layer on a baking sheet and freeze until solid. This prevents pieces from sticking together.



Step 4

Pack into freezer-safe containers or bags. Freeze and use as needed!



Sources: www.eatingwell.com/article/15848/how-to-freeze-16-fruits-and-vegetables/ | fruitandvegetable.ucdavis.edu/files/197179.pdf
Images by Unsplash