

# Freezing Your Harvest

**SOURCE: Annhall Norris UK Extension Specialist**



With much of the year's fresh produce ready to harvest, it is time to start thinking about what to do with the excess fruits and vegetables from your garden. While you may immediately think of canning these foods, freezing is also a good way to preserve most fresh foods.

Freezing keeps the natural color, flavor and nutritional value of most produce. To freeze foods, you must store them at temperatures at or below zero degrees F to prevent the growth of microorganisms that cause food to spoil and food-borne illness. Ideally, you should freeze produce when it is at its peak of freshness and quality. It is also very important to always wash fruits and vegetables before freezing.

You can freeze many fruits and vegetables. In fact, some of the easiest vegetables to freeze like corn, peas and green beans, are some of the most difficult to properly can.

Some produce cannot be frozen as the freezing process can make them mushy, waterlogged, tough or soggy. These include cabbage, lettuce, cucumbers, radishes and celery.

Vegetables with high starch content like potatoes and mature lima beans, do not freeze well either. Shell eggs and milk-based foods also do not freeze well. Spices and herbs should not be frozen as it can cause them to develop an off flavor.

You will need to blanch

most vegetables before packaging, as this process slows the enzymes that cause vegetables to continue to mature. If the vegetables are not blanched before they are frozen, the enzymes will cause the produce to lose color and flavor. After blanching, quickly cool the vegetables with cold water or ice water to stop the cooking process.

While sweetening is not necessary to freeze fruit, most will have better flavor and texture if they are packed in sugar or syrup. Depending on your intended use for the fruit, you can pack it in syrup, dry sugar or unsweetened. Fruits packed in syrup are best for desserts while those packed in dry sugar or unsweetened are best used for cooking as they contain less liquid.

Package produce in containers appropriate for freezer storage. Some stores will have containers that say this on their labels, but in general, freezer-safe containers are moisture-vapor resistant, leak-proof, durable, resistant to oil and easy to seal and label. Be mindful of headspace when packaging foods. Loosely packaged vegetables like corn on the cob, asparagus, broccoli, Brussel

sprouts, cauliflower and hot peppers need no head space. All other vegetables need one-half inch head space. Depending on the type of container you use and whether you use a liquid in your fruits, you will need to leave between one-half inch to 1 inch of headspace in the container. After packaging, seal, label and freeze immediately.

When you decide to thaw frozen produce, you should handle it like any other perishable product. Thoroughly cook the produce to kill any microorganisms or parasites that may have been present in the food.

More information on freezing foods is available in University of Kentucky extension publications "Home Freezing Basics," "Freezing Fresh Fruits" and "Freezing Vegetables." They are available online or through your local Extension office. Contact the Estill County office of the UK Cooperative Extension Service located at 76 Golden Court, Irvine, Kentucky. Phone: 606-723-4557 or email: [estill.EXT@uky.edu](mailto:estill.EXT@uky.edu).

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## Births -- Baptist Health of Richmond

County	DOB	Parents	Town	Gender
Lee	Aug. 15, 2020	Alexis Townsend and Jacob Bottom	Beattyville	Girl
Madison	Aug. 17, 2020	Britley and Demetrio Diaz	Richmond	Girl
Pulaski	Aug. 17, 2020	Tabitha and Jared McQueen	Nancy	Girl
Madison	Aug. 18, 2020	Tenicia Hays and Robert Moore	Berea	Boy
Madison	Aug. 18, 2020	Pankita and Situl Patel	Berea	Boy
Estill	Aug. 18, 2020	Whitney Harvey	Irvine	Girl
Madison	Aug. 19, 2020	Stephanie and Brandon Lamb	Berea	Girl
Madison	Aug. 19, 2020	Heather Ingram & Edward Nichols	Berea	Boy
Madison	Aug. 20, 2020	Crystal Dawson and Paul Virtue	Berea	Boy
Madison	Aug. 20, 2020	Tanya Charlton and Michael Lindon	Richmond	Boy
Jackson	Aug. 21, 2020	Ashley Price and David Hobbs	McKee	Girl
Madison	Aug. 24, 2020	Jordan and Matthew Thompson	Berea	Boy
Madison	Aug. 25, 2020	Anne Paxton and Jesse Garcia	Richmond	Boy
Rockcastle	Aug. 26, 2020	Abigail Harris and Kyle Kelly	Mt. Vernon	Girl
Rockcastle	Aug. 27, 2020	Angel Benson and Ricky Sandusky	Broadhead	Girl
Madison	Aug. 27, 2020	Christa and Whaylen Conner	Berea	Girl
Madison	Aug. 28, 2020	Nicole Summers & Zackery Taylor	Waco	Girl
Madison	Aug. 28, 2020	Montana Kelly and James Biggs	Richmond	Girl
Madison	Aug. 28, 2020	Sidney and Joshua Francis	Richmond	Girl
Estill	Aug. 29, 2020	Martina Nunnelley & Michael Booth	Irvine	Girl
Laurel	Aug. 29, 2020	Aleda and Dakota Brothers	East Bernstadt	Girl
Madison	Aug. 31, 2020	Allison Rogers and Jarrod Cable	Richmond	Boy

## You Bend'em -- We Mend'em



606.723.4391

### 24 Hour Wrecker Service

After Hrs: Call Ric (606) 643-5068 or Todd (606) 975-5072

See Ric, Todd, Greg or Opie at

## Arthur's Body Shop

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### PUBLIC NOTICE

from Estill County Clerk Brian Crowe

Due to the continuing pandemic that still is affecting our Country, the November Election will be similar to the June Primary. All registered voters will have 3 options on how to vote.

(1) Voters may request an Absentee ballot that can be mailed in or dropped off at my office. Voters can request this by calling our office or going online to the portal [govoteky.com](http://govoteky.com) and request a ballot. The deadline to request an absentee ballot is **October 9th by 12:00 midnight. All ballots must be received or postmarked by November 3, 2020.**

(2) Voters may Vote early starting October 13th thru November 2nd. Monday thru Friday from 8:00 to 4:00 and Saturdays from 8:00 to 12:00 at the Old BB&T Bank building at 119 Broadway across from courthouse. **We are encouraging every voter to come in and vote early. It is the fastest and easiest way to vote. No lines and No wait!!!**

(3) On Election day go to polls. As of August 27, 2020 we are working on how many polling locations we will have. I have to submit a plan to State Board of Elections for approval. Once this is approved I will be advertising the locations of the polling places.

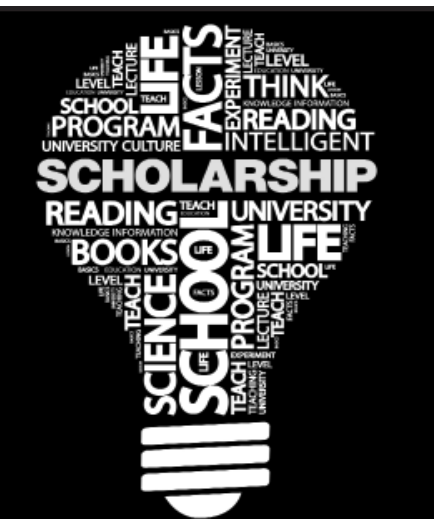
**The last day to register to vote and be eligible to vote in the November election is October 5, 2020**

If you have any questions, please call our office at 606-723-5156.

Thanks

Brian Crowe

Estill County Clerk



## Scholarship Essay Contest:

### September 1 to November 30

High school seniors who plan to attend an accredited college or trade school are invited to apply!

To apply, please submit a cover sheet and your essay of 1,000-1,500 words discussing the following:

**“Due to the spread of COVID-19, the year 2020 brought unprecedented challenges that impacted everything from our world economy to our local rural communities. As you continue to plan for your future, how will these changes we have experienced impact you moving forward? Also, what plans and provisions could be implemented for our local communities, businesses and schools to assist them in overcoming existing obstacles, turning their deficits into profits, staying successful moving forward - all while keeping everyone safe and healthy?”**

Mail cover sheet and essay to:

Jackson Energy Cooperative, Attn: Scholarships, 115 Jackson Energy Lane, McKee, KY 40447

or email cover sheet and essay to: [scholarship@jacksonenergy.com](mailto:scholarship@jacksonenergy.com)

Essays will be accepted through November 30, 2020

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