

# Can fresh blueberries be frozen?

## Detail Introduction :

If the fresh blueberries are not eaten on the same day, they should be refrigerated and kept fresh, and the refrigeration time should not be too long. If the spoiled fruit is found during refrigeration, it should be taken out and thrown away in time. The way to store a larger amount of fresh blueberries is to divide them into three parts: one part is reserved for 1 to 2 days to be eaten at room temperature without refrigeration, one part is refrigerated at 0 to 2°C, and the other part is directly frozen at minus 18°C for long-term storage. The ripeness of fresh blueberry fruit is different, so the time of refrigeration and preservation is also different. If it is found that it has deteriorated during refrigeration, it may be converted to freezing in time. It is recommended to wrap with plastic wrap when refrigerating and freezing to prevent blueberries from losing moisture or mixing with other foods. Frozen fruits have the best taste when eaten directly after thawing for 10 to 20 minutes.



After picking, fresh blueberries are immediately put into the quick-freezing tunnel or quick-freezing refrigerator for quick freezing, and then form very small ice crystals, which will not damage the cell tissue of blueberries, but ensure the taste and aroma of blueberries, and it can make frozen blueberries last longer. Frozen blueberries are better in terms of transportation, storage, shelf, and preservation.

The blueberry cold storage is mainly built in the blueberry planting base and other areas. It is used to store and preserve blueberries after picking. Low-temperature freezing can fully preserve the taste and nutritional value of blueberries and is suitable for long-term consumption by children and pregnant women. The refrigeration temperature for blueberries is about 1°C to 3°C. If you want to store them for a long time, you can use quick-frozen storage. There are many blueberries on the market that use quick-frozen storage.