

Home Freezing in Hawaii



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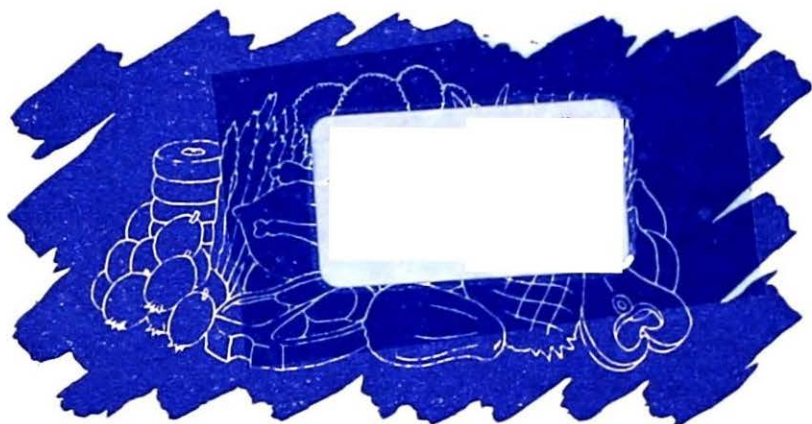
Circular 33

UNIVERSITY OF HAWAII AGRICULTURAL EXPERIMENT STATION
Honolulu, Hawaii

September, 1950

Home Freezing in Hawaii

**Fruits, Vegetables
Meats, Poultry, Game and Fish**



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FOREWORD

The first draft of this circular was prepared by Dr. Faith Fenton of Cornell University during the summer of 1949, when she spent 5 months in Hawaii as nutrition consultant with the Foods and Nutrition Department of the University of Hawaii Agricultural Experiment Station. Dr. Fenton also assisted with the revision as the work progressed.

The general aspects of the circular under the categories of fruits, vegetables, and meats, fish, and poultry are based on widely available scientific and technological information and on Dr. Fenton's extensive knowledge of the frozen food field.

Those portions of the circular referring specifically to island foods are based on 2 years of experimental work in the Foods and Nutrition Department of the Station. Much more work is needed before the best methods for freezing local foods can be stated with certainty. The techniques recommended here represent only the results to date but are published at this time so that others may have the benefit of our experience. As progress is made in the freezing of local products, additional information will be released.

The circular is designed especially for home freezing, but the basic principles are applicable to commercial freezing, and small commercial operators may find the publication a guide in obtaining high-quality frozen products.

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ACKNOWLEDGMENTS

Thanks are due a number of persons and agencies for their cooperation in obtaining materials for freezing and/or for their advice.

Mr. Colin Lennox and Mr. Albert W. Duvel of the Board of Agriculture and Forestry sent 10 varieties of mangoes from Kauai; Dr. A. J. Mangelsdorf, of the Experiment Station, Hawaiian Sugar Planters' Association, provided two varieties of mangoes from Molokai; Mr. D. T. Fleming shipped three varieties of mangoes from Maui; Miss Beatrice Krauss of the Pineapple Research Institute supplied pineapples and soursop; and a number of home producers furnished one or more samples of fruits for freezing. Mr. Glen Mitchell of Hilo gave suggestions for freezing game.

University of Hawaii Agricultural Experiment Station departments and personnel rendered the following assistance: the Vegetable Crops Department raised the edible-pod peas and broccoli especially for freezing experiments; the Plant Physiology and the Horticulture Departments furnished litchis and mangoes; Dr. W. B. Storey identified fruit varieties and supplied information regarding them; and Dr. Morton Rosenberg wrote the section on home preparation of poultry for freezing.

Staff members of the Home Economics Department and the Experiment Station served on the taste panel.

Appreciation for the art work is extended to Mr. Evan L. Gillespie.

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