## Pineapple\n

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**Preparation** – Select firm, ripe pineapple with full flavor and aroma. Pare and remove core and eyes. Slice, dice, crush or cut the pineapple into wedges or sticks. \n

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**Dry Pack** – Pack fruit tightly into containers without sugar. Leave [headspace](https://nchfp.uga.edu/how/freeze/headspace.html). Seal and freeze.