

Freezing Pomegranate Seeds

Pomegranates are a favorite fruit for my flock, but they are only in season for a short amount of time. Late October through early December is the season for pomegranates. I found a way that my parrots can enjoy pomegranate seeds out of season which requires minimal preparation.

De-seeded your pomegranate and arrange the seeds in a single layer on a rimmed baking sheet lined with wax paper. Place them in the freezer for 2 hours or until frozen. Once frozen, put them into a freezer bag or container and store them in the freezer. They should be good for up to 6 months.

My parrots enjoy the frozen seeds on their own as a special treat or scattered over their morning vegetables.

How to cut and de-seed a pomegranate



Starting at the crown of the pomegranate, make a cut half way through the top of the fruit..

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Pry the fruit open the rest of the way with your fingers. Work over a rimmed baking sheet lined with parchment paper to catch any loose seeds that fall out. This also helps as you will be spreading the seeds on the baking sheet to freeze.

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Cut each half of the pomegranate again by starting at the crown and cutting half-way through the fruit. Again use your fingers to pry open the pomegranate.



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Working over the baking sheet, use your fingers to pry the seeds away from the peel and membrane.



Spread the seeds out in a single layer on the rimmed baking sheet lined with parchment or waxed paper.

Place in freezer until frozen.

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Once frozen, put them in small containers or baggies and store them in the freezer for up to 6 months.

The small containers with lids are the easiest way to store and use the seeds. The containers make it easy to spoon out the amount you need with much less mess than if you store in plastic baggies.

I will sprinkle the frozen pomegranate seeds on top of the bowl of fresh salad mix that I feed my parrots each morning. Or sometimes sprinkle them on their evening cooked meal.

They are always more interested and excited to dive in their bowls of veggies when the pomegranate seeds are added.

Note: If you are wondering, why not freeze the whole pomegranate? I tried that with disappointing results. The whole pomegranate freezes rock solid. You cannot cut into it until it thaws and it takes about 4 hours to thaw. Then it is a sloppy mess.

In my opinion it is much easier to manage the individually frozen seeds.

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