












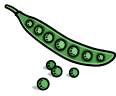







Freezing Vegetables

General Instruction:

- Select packaging material that is moisture-vapor resistant, easy to seal and label.
- Select young, tender, high quality produce.
- Work quickly in small batches. Keep working surfaces, utensils and hands clean.
- Blanching is recommended for most vegetables. Use 1 gallon water per pound vegetable. Place vegetables in a blanching basket and lower into boiling water. Work in small batch sizes so water returns to a boil within 1 minute. Begin blanching time when water returns to a boil. To cool food quickly, plunge blanched vegetables into a large quantity of cold water.
- Freeze foods at 0° Fahrenheit or lower. Don't overload freezer. Add 2 to 3 pounds per cubic foot of storage space per 24 hrs.

Vegetables	Preparation	Blanching Time (minutes)
 Asparagus	Wash. Sort according to thickness. Discard tough part of stalk. Cut into even lengths to fit container. Water blanch, cool, drain and package, leaving no head space.	Small 2 Med. 3 Large 4
 Beans, Snap, Green or Wax	Wash. Remove ends. Snip or cut into 2-4 inch lengths. Water blanch, cool, drain and package, leaving ½ inch head space.	3
 Beets	Wash and sort according to size. Trim tops, leaving ½ inch of stem and root. Cook in boiling water until tender. Cool in cold water, peel, remove stem and root and cut into slices or cubes. Package, leaving ½ inch head space.	Cook until tender
 Broccoli or Cauliflower	Wash. If desired, soak 30 minutes in brine (4 tsp. salt to 1 gallon water) to remove insects. Trim flowerets to 1 to 1 ½ inch across. Blanch, cool, drain and package, leaving no head space.	Water 3 Steam 5
 Brussels Sprouts	Select green, firm and compact heads. Trim, wash, and sort according to size. Water blanch, cool, drain and package, leaving no head space.	Small 3 Med. 4 Large 5
 Carrots	Remove tops, wash and peel. Cut as desired. Leave small carrots whole. Water blanch, cool, drain and package leaving ½ inch head space.	Whole 5 Cut 2
 Corn On-the-cob	Husk, trim, remove silk and wash. Water blanch, cool quickly and completely, drain and package, leaving no head space.	Small 7 Med. 9 Large 11
 Whole kernel	Water blanch corn on cob. Cool, drain and cut about 2/3's the depth of the kernel. Package leaving ½ inch head space.	4
 Cream style	Water blanch corn on cob. Cool and drain. Cut kernel tips from cob and scrape the cobs with back of knife to remove juice and heart of kernel. Package, leaving ½ inch head space.	4

Vegetables	Preparation	Blanching Time (minutes)
 Greens (all kinds)	Select young tender leaves. Wash thoroughly. Water blanch, chill, drain and package, leaving ½ inch head space.	2 Collards 3
 Herbs	Wash, drain, pat dry. Wrap in freezer wrap and place in freezer bag. Freeze. Use in cooked dishes.	N/A
 Peas, green	Use young, tender peas. Shell, water blanch, cool and drain. Package, leaving ½ inch head space.	1 ½ to 2 ½
 Peas, edible pod	Select flat, tender pods. Wash. Remove stems, blossom ends and strings. Leave whole. Water blanch, cool, drain and package, leaving ½ inch head space.	Small 2 Large 3
 Peppers, bell or sweet	Wash, stem and seed. If desired, cut into ½ inch strips or rings. Heated – Water blanch, cool, drain and package leaving ½ inch head space. Use in cooking. Raw – Spread loosely on a tray. Freeze then pack, leaving no head space. Use in uncooked foods.	Halves 3 Strips 2
 Pumpkin or Winter Squash	Wash. Cut into pieces and remove seeds. Cook until soft. Remove pulp and mash. Cool quickly by placing pan in cold water. Package leaving ½ inch head space.	Cook
 Summer Squash	Wash and cut into ½ inch slices. Water blanch, cool, drain and package, leaving ½ inch head space.	3
Zucchini (grated)	Wash and grate young tender zucchini. Steam blanch small amounts. Package, leaving ½ inch head space. Cool by placing containers in cold water. Pack in measured amounts.	Steam 1 to 2
 Tomatoes	Wash and dip into boiling water for 30 seconds to loosen skin. Peel and core. Freeze whole or in pieces. Package, leaving 1 inch head space. Use for cooking.	N/A

Adapted from: E. Andress, J. Harrison. So Easy to Preserve. Fifth Edition. Cooperative Extension. The University of Georgia, Bulletin 989, 2006. For more information on food preservation, go to The National Center for Home Food Preservation Website – <http://www.uga.edu/nchfp/>.

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