

# FREEZING VEGETABLES

VEGETABLES	PREPARATION	BLANCH TIME (MINUTES)
<b>Beans (Green, Snap or Wax)</b>	<b>Wash and remove ends. Snap or cut into 2-4 inch lengths. Blanch, cool, drain and package.</b>	<b>3</b>
<b>Broccoli</b>	<b>Remove leaves and woody portions. Wash. Trim flowerets to 1-1.5 inch across. Blanch, cool, drain and package.</b>	<b>3 or steam for 5</b>
<b>Brussel Sprouts</b>	<b>Select green, firm and compact heads. Trim, wash and sort according to size. Blanch, cool, drain and package.</b>	<b>Small - 3 Medium - 4 Large - 5</b>
<b>Carrots</b>	<b>Remove tops, wash and peel. Cut as desired. Leave small carrots whole. Blanch, cool, drain and package.</b>	<b>Whole - 5 Cut - 2</b>
<b>Corn (on the cob)</b>	<b>Husk, trim, remove silk and wash. Blanch, cool quickly and completely, drain and package.</b>	<b>Small - 7 Medium - 9 Large - 11</b>
<b>Corn (whole kernel)</b>	<b>Blanch corn on cob. Cool, drain and cut to about 2/3's the depth of the kernel.</b>	<b>4</b>
<b>Corn (cream style)</b>	<b>Blanch corn on the cob. Cool and drain. Cut kernel tips from cob and scrape the cobs with back of knife to remove juice and heart of kernel.</b>	<b>4</b>

<b>VEGETABLES</b>	<b>PREPARATION</b>	<b>BLANCH TIME (MINUTES)</b>
<b>Greens (swiss chard, kale, spinach &amp; collards)</b>	<b>Select young tender leaves. Wash thoroughly. Remove woody stems. Blanch, chill, drain and package.</b>	<b>Chard, Spinach - 2 Kale, Collards - 3</b>
<b>Herbs</b>	<b>Wash, drain, pat dry. Wrap in freezer wrap and place in freezer bag. Freeze. Use in cooked dishes.</b>	<b>N/A</b>
<b>Peas, green</b>	<b>Use young, tender peas. Shell, blanch, cool and drain.</b>	<b>2</b>
<b>Peas, edible pod</b>	<b>Select flat, tender pods. Wash. Remove stems, blossom ends and strings. Leave whole. Blanch, cool, drain and package.</b>	<b>Small - 3 Large - 3</b>
<b>Peppers (sweet)</b>	<b>Wash, stem and seed. If desired, cut into 1/2 inch strips or rings. Heated - Blanch, cool, drain and package leaving 1/2 inch head space. Raw - Spread loosely on a tray, freeze and then pack.</b>	<b>Halves - 3 Strips - 2</b>
<b>Summer squash</b>	<b>Wash and cut into 1/2 inch slices. Blanch, cool, drain and package.</b>	<b>3</b>
<b>Zucchini (grated)</b>	<b>Wash and grate young tender zucchini. Steam blanch small amounts. Pack in measuring amounts. Best used for baking.</b>	<b>Steam 1-2</b>
<b>Tomatoes</b>	<b>Wash and dip in boiling water for 30 seconds to loosen skin. Peel and core. Freeze whole or in pieces.</b>	<b>N/A</b>

**DON'T FORGET TO LABEL AND DATE ALL OF YOUR PRODUCTS**

For more freezing information, visit the [National Center for Home Food Preservation Website](https://www.nationalcenterforhomefoodpreservation.org/)