

## Directions for Freezing Vegetables

Vegetable	Preparation	Blanching Time (in boiling water unless otherwise stated)
<b>Asparagus</b>	Wash thoroughly, sort by size. Cut in 2-inch lengths or leave in spears. Blanch, cool and drain. Package, seal and freeze.	Small stalks - 2 minutes Medium stalks - 3 minutes Large stalks - 4 minutes
<b>Beans: green or wax</b>	Select young tender beans. Wash and remove ends. Leave whole, slice or cut into 1-inch to 2-inch lengths. Blanch, cool and drain. Package, seal and freeze.	3 minutes
<b>Beans: lima, butter or pinto</b>	Select beans ready for table use with slightly rounded, bright green pods. Wash, shell and sort according to size. Blanch, cool and drain. Package, seal and freeze.	Small beans - 2 minutes Medium beans - 3 minutes Large beans - 4 minutes
<b>Beets</b>	Wash and sort according to size. Leave tap root; trim tops leaving 1/2-inch of stem. Cook in boiling water until tender. Cool, peel (removing stem and tap root) and cut into slices or cubes. Package, seal and freeze.	Cook: Small beets - 25-30 minutes Medium beets - 45-50 minutes
<b>Broccoli</b>	Wash and trim. If insects are present soak 1/2 hour in solution of 4 teaspoons salt to 1 gallon of cold water. Split lengthwise into pieces no more than 1 1/2 inches across. Blanch, cool and drain. Package, seal and freeze.	In water - 3 minutes In steam - 5 minutes
<b>Brussels Sprouts</b>	Select green, firm, compact heads. Make sure no insects are present. Trim, removing coarse outer leaves. Wash and sort. Blanch, cool and drain. Package, seal and freeze.	Small - 3 minutes Medium - 4 minutes Large - 5 minutes
<b>Cabbage (for cooked dishes)</b>	Select fresh, compact heads. Remove coarse outer leaves. Cut into medium to coarse shreds, or thin wedges, or separate head into leaves. Blanch, cool and drain. Package, seal and freeze.	1 1/2 minutes
<b>Carrots</b>	Select tender, mild-flavored carrots. Remove tops. Wash and peel. Leave small carrots whole. Cut others in 1/4-inch cubes, thin slices or lengthwise strips. Blanch, cool and drain. Package, seal and freeze.	Small, whole - 5 minutes Diced, sliced or strips - 2 minutes
<b>Cauliflower</b>	Choose tender, firm, snow-white heads. Break into pieces about 1 inch across. Wash. If insects are present, soak 1/2 hour in solution of 4 teaspoons salt to 1 gallon of cold water. Drain. Blanch, cool and drain. Package, seal and freeze.	3 minutes

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<b>Corn: sweet</b>	Select ears with plump kernels and thin sweet milk. Husk ears, remove silk and wash.	— —
<b>whole kernel and creamed</b>	Blanch, cool and drain. For whole kernel corn, cut corn off cob about 2/3 the depth of kernels. For cream style corn, cut at 1/2 the depth of kernels and scrape cob with back of knife to remove juice. Package, seal and freeze.	4 minutes
<b>on the cob</b>	Sort ears according to size. Small ears—1 1/4 inches or less in diameter. Medium ears—1 1/4 to 1 1/2 inches in diameter. Large ears—over 1 1/2 inches in diameter. Blanch, cool completely and drain. Package, seal and freeze.	Small ears - 7 minutes Medium ears - 9 minutes Large ears - 11 minutes
<b>Eggplant</b>	Wash, peel and slice 1/3 inch thick. Blanch in 1 gallon of water containing 4 1/2 teaspoons citric acid or 1/2 cup lemon juice. Cool and drain. Package, seal and freeze. <i>For Frying</i> —Package the drained slices with freezer wrap between slices. Seal and freeze.	4 minutes
<b>Greens: beet greens, collards, chard, kale, mustard greens, spinach or turnip greens</b>	Select tender leaves. Wash and remove stems. Blanch, cool and drain. Package, seal and freeze.	Collards - 3 minutes Other greens - 2 minutes
<b>Mushrooms</b>	Choose mushrooms free of spots. Sort by size; wash and trim ends. For better color, soak 5 minutes in a solution of 1 pint water and 1 teaspoon lemon or 1 1/2 teaspoons citric acid. Blanch, cool and drain. <i>Optional Method</i> —Sauté in butter or margarine until tender. Package, seal and freeze.	In steam - 5 minutes Buttons or quarters - 3 1/2 minutes Slices - 3 minutes
<b>Okra</b>	Wash pods and separate into small pods (4 inches or less) and large pods. Remove the stems at the end of the seed cells, being careful not to expose the seed cells. Blanch, cool, drain. Leave whole or slice crosswise. Package, seal and freeze. <i>For Frying</i> —Slice blanched pods crosswise and dredge with flour or meal. Spread in a single layer on a shallow pan. Freeze just until firm. Package, seal and freeze.	Small pods - 3 minutes Large pods - 4 minutes
<b>Peas: edible pod (snow, sugar, sugar snap or Chinese</b>	Choose table-ready, tender pods. Wash, remove blossom ends and strings. Leave whole. Blanch, cool and drain. Package, seal and freeze.	Small pods - 1 1/2 minutes Medium pods - 2 minutes

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<b>Peas: field</b>	Wash pods, shell, blanch, cool and drain. Package, seal and freeze.	2 minutes
<b>Peas: green</b>	Pick sweet and tender table-ready peas. Shell, blanch, cool and drain. Package, seal and freeze.	1 1/2 minutes
<b>Peppers: hot</b>	Wash and remove stems. Package, seal and freeze.	— —
<b>Peppers: sweet</b>	Wash, cut in half, remove stems and seeds. If desired, cut into 1/2-inch strips or rings. <i>For Use in Cooked Dishes</i> —Blanch, cool and drain. Package, seal and freeze. <i>For Use in Uncooked or Cooked Foods</i> —Do not blanch. Package, seal and freeze.	Halves - 3 minutes Strips or rings - 2 minutes
<b>Peppers: pimiento</b>	Peel by roasting in oven at 400° to 450° F for 6 to 8 minutes or until skins can be rubbed off. Wash off charred skins, remove stems and seeds. Package, seal and freeze.	— —
<b>Potatoes: Irish</b>	Select new potatoes directly from the garden. Peel or scrape and wash. Blanch and cool. Package, seal and freeze. <i>For French Fries</i> —Wash and peel mature potatoes. Cut into 1/3-inch by 3/8-inch strips. Rinse in cold water. Dry thoroughly. Deep fry in hot fat (360° F) for about 5 minutes until tender but not brown. Drain and cool. Package, seal and freeze. To serve, heat in a 475° F oven until golden brown.	3 to 5 minutes
<b>Pumpkin and Winter Squash (including spaghetti squash)</b>	Select mature squash or pumpkin. Wash, cut into small pieces and remove seeds. Cook until soft in boiling water, in steam, or in 350° F oven. Remove pulp from rind. Mash, cool, package and freeze.	Cook until tender.
<b>Summer Squash (including Zucchini)</b>	Select young tender squash. Wash and cut into 1/2-inch slices. Blanch, cool and drain. Package, seal and freeze.	3 minutes
	<i>Grated Zucchini for Baking</i> —Steam in small quantities until translucent. Pack in amounts used in recipes, allowing headspace. Put containers in cold water to cool. Seal and freeze. Drain before using in baking.	In steam - 1-2 minutes

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<b>Sweet Potatoes</b>	Wash and sort sweet potatoes according to size. Cook until tender in water, steam or in the oven. Cool, peel and cut in halves, slice or mash. To prevent whole or sliced sweet potatoes from darkening, dip for 5 seconds in a solution of 1 tablespoon citric acid or 1/2 cup lemon juice per quart of water. To prevent mashed sweet potatoes from darkening, mix 2 tablespoons orange or lemon juice with each quart of mashed sweet potatoes. Package, seal and freeze.	Cook until tender.
<b>Tomatoes</b>	Wash, dip in boiling water for 30 seconds to loosen skins. Peel, core, leave whole or cut in pieces. Package, seal and freeze.	— —
<b>juice</b>	Wash and trim tomatoes. Cut into quarters or eighths. Simmer 5 to 10 minutes. Press through a sieve. Cool, package, seal and freeze.	— —
<b>stewed</b>	Remove stems, peel, and quarter ripe tomatoes. Cover and cook until tender (10 to 20 minutes). Cool, package, seal and freeze.	— —
<b>Turnips</b>	Select small to medium, firm, mild-flavored turnips. Wash, peel and cut into 1/2-inch cubes. Blanch, cool and drain. Package, seal and freeze.	2 minutes

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