

Freezing Vegetables

Directions for Blanching

Blanching in boiling water is recommended. Use large amounts of water and small amounts of vegetables so that the water boils again quickly after the vegetable is added. For most vegetables, use a gallon (4 quarts) water per pound of prepared vegetable; for leafy vegetables such as spinach use two gallons of water per pound.

See timetable for length of time to blanch. Use a large kettle and wire basket or cheesecloth. Heat water to a vigorous boil. Place vegetable in basket or cloth and plunge into boiling water. Cover kettle and start counting time when water returns to boil. Keep heat high for time given. As soon as vegetable is scalded, remove from kettle and plunge in ice cold water. Cool quickly to 50°F or lower. Drain, pack and freeze. You may reuse the boiling water. Use loose or tray pack.

Packages for Fruits and Vegetables

Rigid plastic boxes - available in pints, 1½ pints, quarts and larger sizes. Check lids for tight fit or use freezer tape. Leave ½ inch head space.

Plastic bag and box combination - If bags are used without boxes, double bagging is necessary. Also double bag when freezing large amounts of loose pack foods.

Glass freezer jars - specially tapered jars for ease in removing food and tempered to withstand wide temperature range.

Approximate Amount of Fresh Vegetables to Yield 1 Pint Frozen

Asparagus - 1 to 1½ pounds	Beans, green snap, wax - 2/3 to 1 pound
Beans, lima (in pods) - 2 to 2½ pounds	Beets (without tops) - 1½ pounds
Broccoli - 1 pound	Brussels sprouts - 1 pound
Carrots (without tops) - 1½ pounds	Cauliflower - 1 1/3 pounds
Corn, sweet (in husks) - 2 to 2½ pounds	Eggplant - 1½ - 2 pounds
Greens: beet tops, chard, mustard, and spinach - 1 to 1½ pounds	Peas (in pods) - 2 to 2½ pounds

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VEGETABLES: How to Prepare for Freezer Storage

First carefully wash the vegetable and discard all material not up to standard, then follow directions given below.	Blanching		
	Quantity of Vegetable	Amount of boiling water	Time in water
Asparagus - Discard tough stalks. Cut tips either into lengths to fit the cartons or into pieces 1 inch long and then blanch.	1 lb.	6 qt.	3 min.
Beet greens - Use tender young leaves. Wash thoroughly and blanch.	1 lb.	6 qt.	2 min.

Beets - Use tender beets not more than 2 inches in diameter. After blanching (actually cooking in this instance) cool, remove skins and slice or dice.	1 lb.	3 qt.	25-30 min.
Broccoli - Use heads and tender portions of stalks. Cut through stalks so that pieces of heads are not more than 1 inch across, and then blanch.	1 lb.	5 qt.	3-4 min.
Brussels sprouts - Select fairly small, solid sprouts of good quality. Halve larger ones before blanching.	1 lb.	5 qt.	4 min.
Cauliflower - Divide flowerlets into pieces about 1 inch long and $\frac{3}{4}$ to 1 inch in diameter, and then blanch.	1 lb.	6 qt.	4 min.
Corn - Use sweet corn in the milk stage. Remove husk and silks. Cut corn from cob after blanching.	8 medium ears	5 qt.	4 min.
Dandelion greens - Use only tender young leaves. Wash thoroughly, then blanch.	1 lb.	8 qt.	3 min.
Lima beans - Hull green lima beans of even maturity, then blanch.	1 lb.	4 qt.	3 min.
Mushrooms - Use tender button or medium-size mushrooms. Wash in 2% salt solution ($1\frac{1}{2}$ level tablespoon of salt to 1 qt. water). Cut off ends of stems. Brown lightly in butter 3 to 5 min. or blanch button size 3 min., medium size 5 min.	1 lb.	4 qt.	3-5 min.
Peas - Hull sweet, tender peas, then blanch.	1 lb.	4 qt.	1½ min.
Rhubarb -Use tender stalks, cut into $\frac{3}{4}$ inch pieces, then blanch.	1 lb.	2½ qt.	1½ min.
Snap beans - Choose young tender stringless beans. Remove ends, cut into 1-inch pieces or lengthwise strips, and blanch.	1 lb.	4 qt.	3 min.
Soybeans - Use green soybeans of edible variety. Blanch in pods, then cool and hull.	1 lb.	2 qt.	5 min.
Spinach - Select tender green leaves and stalks. Wash thoroughly and blanch.	1 lb.	5 qt.	1-2 min.
Squash, summer - Choose young tender squash. Slice and cut into pieces, then blanch (or cook as for serving, put through sieve, cool and package for freezing).	1 lb.	5 qt.	4 min.
Squash, winter - Halve, remove pits, peel and cube. Steam or boil until tender. Put through sieve, cool, and package for freezing...	xx	xx	xx
Swiss chard - Use tender young leaves. Wash thoroughly and blanch.	1 lb.	4 qt.	2 min.
Tomato juice - Wash tomatoes, quarter, and simmer for 10 minutes. Strain off juice and add $\frac{1}{2}$ teaspoon salt for each pint.	xx	xx	xx