

## Freezing Vegetables

**Most vegetables must be blanched before freezing.** Blanching destroys enzymes that cause undesirable changes in flavor, texture and color.

A few vegetables can be frozen without blanching. These include onion, green pepper and celery. Wash and chop these, and put in a suitable freezer bag or container. They can then be added to cooked and baked dinners as needed.



For other vegetables, you will need a blancher or a metal colander that fits into a large pot, a large bowl of water or a clean sink half full of water and ice.

It is important to follow blanching times closely and not overcook vegetables. It is also important to allow as much time for cooling in the ice water to completely stop the cooking process. Generally, the time for cooling in the ice bath is the same amount of time as the blanching in boiling water.

Always lower vegetables into already boiling water and begin counting minutes as soon as the vegetable are in the water. As soon as boiling time is up, pull vegetables out of boiling water and plunge into ice water. Leave in ice water for full number of blanching minutes.

### Blanching Times

Corn	kernels	4 minutes
	cobs	7-11 minutes
Summer squash		3 minutes
Broccoli		3 minutes
Carrots	small, whole	5 minutes
	chopped	3 minutes
Asparagus	small	2 minutes
	medium	3 minutes
	large	4 minutes
Cauliflower		3 minutes
Beans	green or wax	3 1/2-5 minutes
Peas		3 - 4 1/2 minutes

NOTE: Blanching times are the time that vegetables should be in each boiling water and ice water bath.