

FREEZING GUIDE

Apples

1. Wash apples in cold water, drain
2. Remove any bruises, core, peel and slice.
3. To prevent browning while working, place sliced apples in a large bowl of water with 1 teaspoon of lemon juice.
4. Place drained, sliced apples (measure out by cups needed in favorite recipes) in freezing bags.
5. Seal, label and freeze.



Asparagus

1. Select young and tender asparagus. Wash and sort into similar sizes.
2. Trim bottom of stalk and cut or snap into even spear lengths.
3. Blanch in boiling water - small spears 1-1/2 minutes medium spears 2 minutes and large spears 3 minutes
4. Drain off hot water, dip in ice water, drain and cool.
5. Pack into freezer bags. Seal, label and freeze.



Fresh Green Beans

1. Wash and drain beans. Remove stem end and leave whole or break into 1 inch pieces.
2. Blanch 3 minutes in boiling water. Drain off hot water; dip in ice water, drain and cool.
3. Pack into freezer bags. Seal, Label and freeze.



Beets

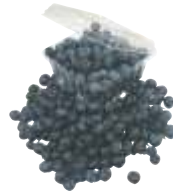
1. Select uniform size deep red, tender beets
2. Trim greens to 2 inches from beet, keeping root intact. Wash and boil on stove until beets are tender (or bake in 350 F oven, covered, 2 to 2-1/2 hours).
3. Cool. Cut off stem and root. Remove skin. Leave whole, quarter, slice or dice and put into freezer containers.



Blueberries

One of the easiest fruits to freeze!

1. Wash blueberries; drain. Allow to dry thoroughly.
2. Measure out by cups as you put into freezer bags.
3. Seal, label and freeze.



Broccoli

1. Remove leaves and woody portions.
2. Separate heads and immerse in a brine (1 cup salt to 1 gallon water) 30 minutes to remove insects. Rinse and drain.
3. Blanch 3 minutes in boiling water. Drain and immerse in cold water until completely cool.
4. Drain and pack into freezer bags or containers. Seal, Label & freeze.



Brussel Sprouts

1. Remove course outer leaves; wash and sort into small, medium and large sprouts.
2. Blanch small sprouts about 3 minutes, medium sprouts 4 minutes and large sprouts 5 minutes in boiling water.
3. Drain and immerse in cold water until completely cool.
4. Drain and pack into freezer bags or containers.
5. seal, label and freeze.



Cabbage

1. Choose a solid cabbage head with crisp green leaves. Wash and discard the outer leaves.
2. Cut head into wedges and core. Shred coarsely if desired.
3. Blanch wedges 3 minutes or shredded 1-1/2 minutes in boiling water.
4. Drain and immerse in cold water until completely cool.
5. Drain and pack into freezer bags or containers.
5. Seal, label and



Carrots

1. Wash, peel and wash carrots again.
2. Slice or quarter carrots
3. Blanch sliced carrots 3 minutes, or quartered carrots 5 minutes in boiling water
4. Drain and immerse in cold water until completely cool.
5. Drain and pack in freezer bags or containers
6. Seal, label and freeze.



Cauliflower

1. Remove outer leaves and cut into florets about 1 inch across. Wash and drain.
2. Place cauliflower in brine made up of 1 up salt to 1 gallon of water. Soak 30 minutes (to remove insects). Rinse and drain.
3. Blanch 3 minutes in boiling water. Drain and cool completely.
4. Pack into freezer bags or containers. Seal, label and freeze.



Celery

1. Choose crisp, tender stalks, free from course strings.
2. Pull celery apart and wash thoroughly. Trim and cut into desired length.
3. Blanch 3 minutes. Drain off hot water, dip in ice water & drain.
4. Pack in freezer bags or containers. Seal, label and freeze.



* Celery will lose its crispness so it is best for cooked recipes.

Eggplant

1. Wash and peel eggplant. Slice into 1/3 inch thick rounds.
2. Blanch one eggplant at a time, 4 minutes in water containing 1/2 cup lemon juice
3. Drain and cool completely.
4. Pat dry and pack in freezer containers separating slices with freezer wrap.
5. Seal, label and freeze.



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Kale



1. Soak kale leaves in 1 to 3 tablespoons of vinegar in a sink full of water 20 to 30 minutes. Drain, rinse and remove leaf blades from stems (fold in half and tear or cut the middle stem out).
2. Roughly tear or chop leaves. Blanch leaves 2-1/2 minutes.
3. Place leaves in ice water until completely cool. Drain. Remove excess water with a clean dry towel.
4. Place leaves individually on a parchment line baking sheet. Freeze.

Kohlrabi

1. Wash, peel and slice 1/3 inch thick.
2. Blanch 2 to 3 minutes. Drain, Immerse in cold water, drain again and cool completely.
3. Pack into freezer jars or freezer containers. Seal label and freeze.

Frozen kohlrabi makes a great addition to soups

Leeks



Leeks do not need to be blanched prior to freezing.

1. Wash and remove outer skin. Cut root end off. Slice in 1/4 inch slices and drain until all moisture is removed.
2. Arrange slices in a single layer on a parchment lined baking sheet. Freeze.
3. Pour into freezer bags, label and return to freezer.

Onions



1. There is no need to blanch onions. Simply wash, peel and chop.
2. Pack into freezer bags and label. Place bags flat on cookie sheet and freeze. When frozen, re-stack bags to take up less room in freezer.

Parsnips



1. Select parsnips that are firm and have a smooth skin. Remove tops, wash and peel.
2. Slice and blanch 3 minute in boiling water. Drain, immerse in cold water, and drain again. Cool completely.
3. Pack into freezer containers. Seal, label and freeze.

Peas



1. Remove peas from their pods, a process known as shelling.
2. Once shelled, blanch 2 minutes in boiling water. Drain. Immerse in cold water. Drain and pack into freezer bags or containers. Seal, label and freeze.

1. Wash pods, trim stem end & remove string.
2. Blanch pods for 5 minutes. Drain. Immerse in cold water. Drain and pack into freezer bags or containers.

Peppers



Peppers become soft when frozen and thawed. Use them in cooked dishes where texture is not important. They do not require blanching.

1. Select shiny, bright colored peppers with firm skin and no wrinkles.
2. Wash, core and seed. Slice or dice peppers and pack into freezer bags. Seal, Label and freeze.

Raspberries



1. Select well colored berries that are fully ripe. Remove any immature, moldy or discolored berries.
2. Place in a colandar or submerge 2 to 3 times in a sink full of cold water Drain well.
3. Pack into freezer bags (measure out by cups needed in favorite recipes) or freezer containers. Seal, label and freeze.

Rhubarb



1. Choose firm, tender stalks.
2. Wash, trim and cut into 1 to 2 inch lengths.
3. Pack into freezer bags (measure out by cups needed in favorite recipes) or freezer containers. Seal, label and freeze.

Rutabaga



1. Select young, medium sized rutabagas. Cut off tops, wash and peel.
2. Cut into cubes and blanch 3 minutes.
3. Drain, immerse in cold water, and cool completely.
4. Drain again and pack into freezer containers. Seal, label and freeze.

Spinach



1. Pick spinach early in the morning when it is at its freshest. Remove any weeds, or browns, damaged leaves.
2. Rinse several times to remove dirt. Blanch 2 minutes. Drain, immerse in cold water, and cool completely.
3. Drain again and dry in salad spinner or lay on paper towels and pat dry.
4. Pack into freezer bags or containers. Seal, label and freeze.

Squash



1. Wash and slice in rounds 1/4 inch thick. Blanch 3 minutes.
2. Drain, immerse in cold, and completely.
3. Drain again and pack into freezer bags or containers. Seal, label and freeze.