Freeze with Ease Guide

Freezing is simple and the most time efficient way to preserve foods at home. It is important to note that freezing does not improve the quality of foods but when properly done it can **preserve** most of the quality of the fresh product. Food stored constantly at 0°F will always be safe.

Freezing Vegetables

- Choose vegetables for freezing that are at their peak of flavor and texture. Over-mature vegetables may be hard, tough or flavorless.
- To remove dirt, bacteria and pesticide residue, wash vegetables thoroughly in cold water. Drain and rinse several times with cold water. Peel, trim and cut vegetables as desired for freezing.
- Blanche vegetables prior to freezing to stop the action of growth. Up until harvest time, enzymes cause vegetables to grow and mature. If vegetables are not blanched, or blanching is not long enough, the enzymes continue to grow during frozen storage causing off-colors, off-flavors and toughening.
- The most convenient way to blanche vegetables is in a large pot of boiling water. Allow one gallon of water per pound of vegetables. Bring the water to boil and lower vegetables into the water, allowing the water to continue boiling. Cover and start counting the blanching time as recommended.
- As soon as blanching is complete, cool the vegetables quickly and thoroughly to stop the cooking process. To cool, drain the vegetables in a strainer, and then plunge the vegetables into a container of ice water. Cool vegetables for the same amount of time as they are blanched. Drain thoroughly and freeze up to 8 months.

Blanching Time		
/egetable Cabbage	Minutes 1 ¹ / ₂	
Green Peas	11/2	
Asparagus, small stalks	2	
Beans, snap, green or wax	2	
Blackeye Peas	2	
Broccoli	2	
Carrots, diced or sliced	2	
Cauliflower flowerets	2	
Celerv	2	
Collards	2	
Rutabagas, cubed	2	
Summer Squash, 11/2" slices	2	
Sweet Peppers, halved	2	
Corn. cream or whole kernel.	4	
Blanched on cob, cooled and	cut off cob)	
Eggplant, 1/3-inch slices	4	
Carrots (whole, small)	5	

defrosted to preserve the texture.

Freezer Storage Chart - 0°F

age Ghart - O F	
Entrees ry) Lunchmeats sts aks or chops und arts	Months 1 2 to 3 3 to 4 2 to 3 1 to 2 4 to 12 3 to 4 2 to 3 1 to 2 3 to 4 2 to 3 4 to 12 3 to 4 2 to 3 9 4 2 2 to 3
neese	Months 6 to 9 3 6 1 to 2 4 2 to 4 12 3 1 to 2
mackerel, salmon der, haddock, sole	Months 4 to 6 2 to 3 6
, crab, lobster ayfish, squid ssels and oysters	Months 3 2 to 3 3 to 6 3 to 6
ayfish, squid	

