










# Freezing Vegetables

## Extend Your Local Growing Season. It's EASY!

<ul style="list-style-type: none"> <li>• Choose fresh, ripe, local vegetables.</li> <li>• Prepare vegetables – see over card.</li> <li>• Vegetables require blanching before freezing – use the five steps outlined on this card. → →</li> <li>• Package prepared vegetables in freezer bags or rigid plastic containers that seal tightly to prevent air exposure and moisture loss.</li> <li>• Label packages with name of vegetable and date frozen.</li> <li>• Use frozen vegetables within 6 months for best flavour.</li> </ul>	<h3 style="text-align: center;">5 Steps For Blanching Vegetables</h3> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>• Large pot with lid</li> <li>• Colander</li> <li>• Slotted Spoon</li> <li>• Water</li> <li>• Timer or watch</li> <li>• Prepared vegetables</li> <li>• Freezer bags or rigid plastic containers</li> </ul> <ol style="list-style-type: none"> <li>1. Fill pot halfway with water, cover with lid and bring to boil.</li> <li>2. Plunge vegetables (about 4 cups) into the boiling water.</li> <li>3. Immediately start counting the blanching time according to the chart on the back of this card.</li> <li>4. When the blanching time is complete, remove vegetables using a slotted spoon and put vegetables into a colander. Cool vegetables with cold water.</li> <li>5. Drain cooled vegetables, shaking slightly to remove water.</li> </ol>
<p><b>For more information on healthy eating:</b></p> <ul style="list-style-type: none"> <li>• visit these Region of Waterloo Public Health websites <a href="http://www.healthywaterlooregion.ca">www.healthywaterlooregion.ca</a>, <a href="http://www.region.waterloo.on.ca/ph">www.region.waterloo.on.ca/ph</a> or EatRight Ontario <a href="http://www.Ontario.ca/EatRight">www.Ontario.ca/EatRight</a></li> <li>• speak with a Registered Dietitian at EatRight Ontario at 1-877-510-5102 (toll free)</li> </ul>	



Vegetables that can be frozen	How to prepare vegetables for the freezer	Blanching time
 <b>Asparagus</b>	Wash and remove rough ends and sandy scales. Leave whole or cut into smaller pieces. Blanch	4 minutes
 <b>Beans</b> (green or yellow)	Wash and trim ends. Leave whole or cut in smaller pieces. Blanch	3 minutes
 <b>Broccoli</b>	Remove woody stems, trim and wash. Cut into smaller pieces. Blanch	3 minutes
 <b>Carrots</b>	Remove tops. Peel if desired. Wash. Leave small carrots whole. Cut larger carrots into smaller pieces. Blanch	3 minutes
 <b>Cauliflower</b>	Break heads into smaller pieces. Wash. Blanch	3 minutes
 <b>Corn</b>	Remove husks and silk. Wash. Blanch whole cobs. After blanching, cut niblets from cobs.	4 minutes
 <b>Greens</b> (kale, beet, spinach, chard)	Wash thoroughly. Separate leafy parts from stalks. Cut into bite-sized pieces. Blanch	2 minutes
 <b>Peas</b>	Remove from pods. Wash. (If preparing peas with edible pods, leave pods intact.) Blanch	2 minutes
 <b>Peppers</b>	Wash. Cut into strips or bite sized pieces.	Not required