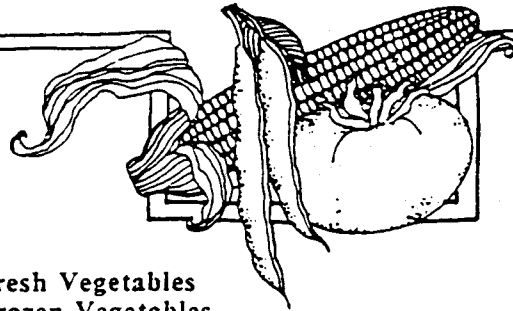


Handy Reference for Freezing Vegetables



1992 RECOMMENDATIONS

Approximate Amount of Fresh Vegetables Needed to Yield 1 Pint of Frozen Vegetables

Vegetable	Fresh
<i>Asparagus</i>	1 to 1-1/2 pounds
<i>Beans, green, snap, wax</i>	2/3 to 1 pound
<i>Beans, lima (in pods)</i>	2 to 2-1/2 pounds
<i>Beets (without tops)</i>	1-1/4 to 1-1/2 pounds
<i>Broccoli</i>	1 pound
<i>Brussels sprouts</i>	1 pound
<i>Carrots (without tops)</i>	1-1/4 to 1-1/2 pounds
<i>Cauliflower</i>	1-1/3 pound
<i>Corn, sweet (in husks)</i>	2 to 2-1/2 pounds
<i>Eggplant</i>	1-1/2 to 2 pounds
<i>Greens: beet tops, chard, kale, mustard, spinach</i>	1 to 1-1/2 pounds
<i>Peas (in pods)</i>	2 to 2-1/2 pounds

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, 1-1/2 pints, quarts, and larger sizes. Check lids for tight fit or use freezer tape. Leave 1/2" 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.

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Cornell Cooperative Extension provides equal program and employment opportunities.

Timetable

Vegetable	Scalding Time (min.) or Alternative Treatment
<i>Asparagus</i>	2 small 4 large
<i>Beans, green, snap, wax</i>	2
<i>Beans, lima</i>	1-1/2 small beans 2-1/2 large beans
<i>Beets</i>	Cook until tender; slice or dice
<i>Broccoli</i>	3 small flowerets 4 large flowerets
<i>Brussels Sprouts</i>	3 small 5 large
<i>Carrots</i>	2 sliced 5 whole
<i>Cauliflower</i>	3 small flowerets 4 large flowerets
<i>Corn, sweet</i>	4-7 small ears 9-11 large ears
<i>Eggplant</i>	Fry 2 minutes or salt, wait 30 min., rinse, freeze
<i>Greens</i>	3
<i>Mixed Vegetables</i>	Mix previously frozen vegetables (tray packed)
<i>Mushrooms</i>	6 whole 3 slices
<i>Onions</i>	Freeze raw
<i>Peas, green</i>	1
<i>sugar snap</i>	2 young pods 3 mature pods
<i>Peppers, green, whole or chopped</i>	Freeze raw
<i>Pumpkin</i>	Cook until tender; mash or cube
<i>Squash, summer</i>	3 (1/4 inch slices)
<i>winter</i>	Cook until tender; mash or cube
<i>Tomatoes</i>	Juice or stewed
<i>Tomato, spaghetti sauce</i>	Any recipe cooled;
<i>Turnips, parsnips, or rutabagas, cubed</i>	2-1/2 or cook until tender; mash