



Preparing Vegetables for Freezing

For best results, products should be frozen as quickly as possible. To facilitate more rapid freezing, set the temperature control of your freezer at the coldest setting several hours before foods will be placed in the freezer. Some freezer manuals indicate the location of the coldest shelves in the freezer and suggest placing products on these shelves.

Prior to loading the freezer, check the freezer manual for instructions on recommended amounts of unfrozen product to

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7. After cooling, lift the vegetables out of the cold water. Let them drain in the blanching basket or transfer to a colander. Drain vegetables thoroughly after cooling. Extra moisture can cause a loss of quality when vegetables are frozen.
8. Package prepared vegetables in the storage container of your choice. If using rigid freezer containers, leave ½ inch headspace to allow for the food to expand. Headspace is not needed for loosely packed foods such as broccoli spears.
9. Label bags or containers with a waterproof marker. List the name of the product, the amount of product (cups, ounces or pounds) and the date processed.
10. Place packages in the freezer. Arrange them loosely or in a single layer so they freeze quickly. Home-frozen vegetables have a storage time of 8 to 12 months when properly packaged and stored at 0°F. After this time, the food should still be safe, yet quality may be affected.

www.uaf.edu/ces or 1-877-520-5211

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