










Freezing Vegetables

Extend Your Local Growing Season. It's EASY!

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



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