Handy Reference for Freezing Vegetables

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

Vegetables	Amount
Asparagus	*2 to 3 pounds*
Beans, snap, green or wax	*1 ½ to 2 pounds*
Beet, without tops	*2 ½ to 3 pounds*
Broccoli	*2 to 3 pounds*
Brussels Sprouts	*2 pounds*
Carrots, without tops	*2 ½ to 3 pounds*
Cauliflower	*2 medium heads*
Corn, sweet, in husks	*4 to 5 pounds*
Eggplant	*2 average*
Peas, green, in pods	*4 to 5 pounds*
Peppers	*1 ⅓ pounds*
Squash, summer	*2 to 2 ½ pounds*
Squash, winter & Pumpkin	*3 pounds*
Spinach and other Greens	*2 to 6 pounds*
Tomatoes	*2 ½ to 3 ½ pounds*

Directions for Boiling Water Blanching

Boiling water blanching is the preferred method. 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 1 gallon (4 quarts) of water per pound of prepared vegetable. For leafy vegetables such as spinach, use 1 gallon water per ½ pound vegetables.

See timetable for length of time to blanch. Use a large pot and wire basket or cheesecloth. Heat water to a vigorous boil. Place vegetables in basket or cloth and plunge into boiling water. Cover pot and start counting time when water returns to a boil. Keep the heat high for time given. As soon as blanching is completed, cool quickly by plunging basket of vegetables immediately into large quantity of very cold water, 60°F or below. Change water frequently or use cold running water or ice water. Drain, pack in freezer containers or materials and freeze quickly at 0°F or lower. The boiling water may be re-used.

Directions for Steam Blanching

Place a few inches of water in a pot with a tight fitting lid. Bring water to a boil. Put the vegetables in a single layer in a basket that fits in the pot an inch above the water. Cover pot, keep heat high, start counting time as soon as the lid is on. As soon as blanching is completed, cool quickly by plunging the basket of vegetables immediately into large quantity of very cold water, 60°F or below. Change water frequently or use cold running water or ice water. Drain, pack in freezer containers or materials and freeze quickly at 0°F or lower.

Reference: *So Easy To Preserve*, 5th Edition, Cooperative Extension Service, University of Georgia, 2006
National Center for Home Food Preservation website: *http://www.uga.edu/nchfp/*

Timetable

Vegetable	Boiling Water Blanching Time (min.)	Steam Blanching Time (minutes)
Asparagus	*2 small*	*3 small*
	3 medium	*5 medium*
	4 large	*6 large*
Beans, snap,	*3*	*5*
green or wax	*3*	*5*
Beets	*(alternative method) Cook till tender; cool, slice or dice*	
Broccoli	*3*	*5*
(up to 1½ " across)		
Brussels Sprouts	*3 small*	*5 small*
	4 medium	*6 medium*
	5 large	*7 large*
Carrots, small	*5*	*8*
dices, slices, strips	*2*	*3*
Cauliflower (1")	*3*	*5*
Corn,		
on the cob	*7 small*	*10*
	9 medium	*13*
	11 large	*16*
whole kernel or cream style (blanch before cutting corn from cob)	*4*	*6*
Eggplant, ⅓" thick	*4*	*6*
Mushrooms, whole, sliced or diced		*sauté, cool*
Peas, green	*1 ½ to 2 ½*	*3 to 5*
Peas, snow or sugar snap	*2 to 3*	*4 to 5*
Peppers, bell or sweet		
chopped (alternative method)		*sauté, cool*
halves	*3*	*5*
strips, rings	*2*	*3*
Squash, summer, ½" slices	*3*	*5*
grated for baking		*3*
Squash, winter		
& Pumpkin (alternative method)		*cook and mash*
Spinach, Greens	*2*	*3*
Collards	*3*	*5*
Tomatoes, juice or stewed (alternative method)		*cool and freeze*
raw (alternative method) skin and core, freeze		*whole or in pieces*
green ¼ "slices (alternative method)		*freeze raw*
Tomato or Spaghetti Sauce (alternative method)		*any recipe cooled*
Turnips, Parsnips, or Rutabagas,		
½" cubes	*3*	*5*
cook and mash (alternative method)		*cool and freeze*

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