

Vegetable Freezing Chart

Blanching time is in boiling water.
Unless otherwise noted, chilling time (in ice water) should be the same as blanching time.

Vegetable	Preparation	Blanch/Chill Time
Asparagus	Wash and sort stalks according to size, discarding blemished stalks. Break off ends. Stalks may be left whole or cut into 1-1/2" to 2" long pieces.	Average diameter stalks - 3 minutes thicker stalks - 4 minutes.
Green Beans	Snap off tips. Rinse, then cut or break into desired sizes or freeze smaller beans whole.	3-1/2 minutes.
Lima Beans	Wash, shell and sort beans according to size.	small and medium beans - 3 minutes large beans - 4 minutes
Italian Snap Beans	Wash, snap off ends and slice into 1" to 1-1/2" pieces.	3-1/2 minutes.
Beets	For young, tender beets- Remove tops and cook until tender. Chill, then remove skins. Leave small beets whole. For medium to large beets, slice or cut into pieces. Pack into freezer boxes or bags.	not applicable
Broccoli	Remove leaves and tough ends. Cut through stalks lengthwise, leaving stems with 1" to 1-1/2" diameter heads, or cut into pieces. Soak in salt water (2 tablespoons salt to 1 quart water) to remove any insects and larvae. Rinse with tap water and drain.	Pieces - 4 minutes Stems - 5 minutes.
Brussels Sprouts	Wash and trim any tough outer leaves. Soak in salt water (2 tablespoons salt to 1 quart water) to remove any insects and larvae. Rinse with tap water and drain.	medium sprouts - 4 minutes large sprouts - 5 minutes.
Carrots	Remove tops, peel, and wash. Cut into 1/4" thick slices.	3-1/2 minutes.
Cauliflower	Remove leaves, trim and wash. Split into individual 1" to 1-1/2" pieces. Soak in salt water (2 tablespoons salt to 1 quart water) to remove any insects and larvae. Rinse with tap water and drain.	4 minutes.
Corn-on-the-Cob	Husk, remove silk and trim off ends. Blanch in	24 small ears, under 1-1/4"

	a large stockpot with 10 - 12 quarts of boiling water.	diameter - 8 minutes 14 medium ears, 1-1/4" to 1-1/2" diameter - 8 minutes 10 large ears, over 1-1/2" diameter - 11 minutes Chilling time in ice water should be twice as long as blanching time
Corn - Cut from cob	Husk, remove silk and trim off ends. Use a corn cob cutter or a curved grapefruit knife to remove kernels from cob.	4-1/2 minutes
Kohlrabi	Remove tops, wash, peel and cut into 1/2" cubes.	2-1/2 minutes.
Mushrooms	Wash and remove stems. Freeze smaller mushrooms whole Cut medium and large mushrooms into 1/4" slices. To prevent browning, add 1 tablespoon lemon juice or 1/2 teaspoon ascorbic acid per quart of blanching water.	small whole mushrooms - 4 minutes sliced mushrooms - 3 minutes.
Onions	Chopped onions can be packed and frozen without blanching To freeze larger pieces of onions or small whole onions - Peel onions, wash, and cut into quarter sections (except very small whole onions).	1-1/2 minutes
Green Peas, shelled	Wash and shell peas.	1-1/2 to 2 minutes
Sugar Peas or Edible Pod Peas	Wash; Remove stems and blossom ends; Leave whole.	2-1/2 to 3 minutes
Peppers	Chopped bell peppers can be packed and frozen without blanching. For pepper halves or slices...Wash, remove stem and seeds. Cut in halves or slices	halves - 3 minutes slices - 2 minutes.
Pumpkin	Cut; scoop out seeds; peel; and cut into pieces. Bake or steam until tender. Cool, then strain in a ricer, food mill or process in a food processor until smooth. Pack into containers and freeze.	not applicable
Spinach	Sort; remove any blemished leaves and tough stems; Wash.	1-1/2 to 2 minutes
Zucchini	Select 5" to 7" long, tender zucchini. Wash, peel and cut into 1/4" to 1/2" slices.	1/4" slices - 2 minutes 1/2" slices - 3 minutes