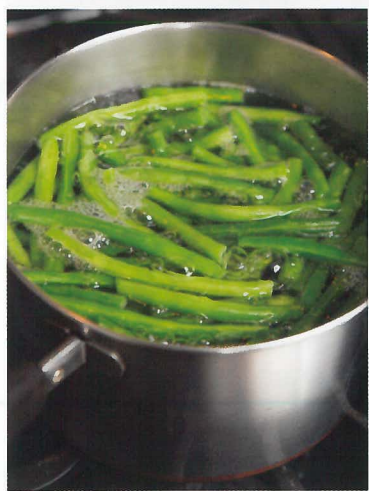


freeze veggies

When vegetables are plentiful in the summer, buy extra and freeze for later meals. Freezing is an easy way to preserve veggies at home.

how to blanch veggies before freezing:



1. Place vegetables into a large pot of boiling water. Start counting the blanching time as soon as the water returns to a boil. The water should return to boiling within 1 minute.

2. Remove the vegetables from the boiling water. Place vegetables in a bowl with water and ice. Cool for the same amount of time as you blanch the vegetable.

3. Remove vegetables from the ice water. Place the vegetables in a strainer or on paper towels to remove excess water.

4. Place vegetables into freezer bags or containers. Push out as much air as possible. Label with the vegetable's name and date. Keep in a freezer at 0°F.

If not, you may be putting too many vegetables in the water at a time.

blanching time:

asparagus	3 minutes
green beans	3 minutes
broccoli flowerets	3 minutes
carrot slices or strips	2 minutes
collards	3 minutes
spinach & leafy greens	2 minutes
corn on the cob	9 minutes
green peas	1½ minutes
pea pods	1½ - 2 minutes
sweet pepper strips	2 minutes

Why blanch?

Most vegetables need to be blanched before freezing. Blanching helps to brighten the color of vegetables. It also helps to prevent the loss of color, vitamins, flavor and texture.



cooking tip:

Heat frozen veggies and serve at a meal.

Add frozen veggies to a soup, stew, casserole, stir fry, or even a smoothie!

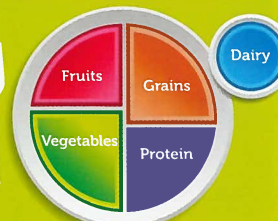
Stir some frozen veggies into your favorite pasta or rice dish.



freezing tip:

Put the packages in the freezer. Leave a little space between the packages so they freeze quickly.

Once the vegetables are frozen, you can store the packages close together.

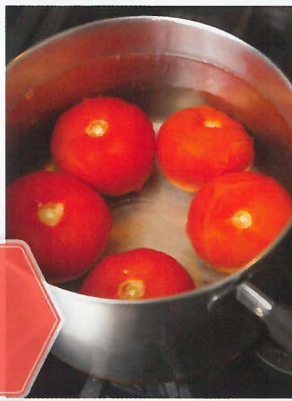


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veggies that don't need to be blanched:

Tomatoes

1. Wash tomatoes. Dip tomatoes into a pot of boiling water for 30-60 seconds.
2. Place tomatoes in a bowl of water and ice.
3. Cut the core and skin off the tomatoes. Pack into freezer bags or containers.



cooking tip:

Use frozen tomatoes instead of canned tomatoes when making spaghetti sauce, soup or casseroles.

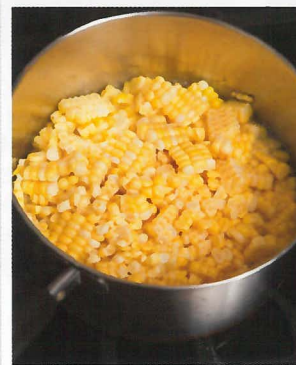


Winter Squash

1. Cut squash into large pieces and remove the seeds.
2. Bake the squash in a 400° oven for 40-50 minutes, or until soft.
3. Remove the squash from the rind and mash it. Pack into freezer bags or containers.

Corn off the Cob

1. Remove the husks and silk from 12 ears of corn. Cut off the kernels.
2. Place the kernels in a large saucepan. Add 1 cup water. Cook over medium heat for 10 minutes, stirring occasionally.
3. Spoon the cooked corn into freezer bags or containers.



What type of containers can I use?

Plastic freezer bags are easy to use and store. **Containers made out of plastic or glass that are freezer proof**, easy to seal and won't leak can also be used.

How should I pack the vegetables?

Push out any excess air when packing vegetables into freezer bags. Leave about ½ to 1 inch of space when packing vegetables into containers - the food may expand when it freezes.

How long will the vegetables last in my freezer?

Vegetables can be kept in your freezer for up to 12 months. Keep frozen vegetables in a freezer at 0°F or less. Use a freezer thermometer to check the temperature often. The freezer on top of your refrigerator can be used if it has its own separate door.

