

Freezing Vegetables & Fruit

Extend Your Local Growing Season. It's EASY!

2023










- ✔ Choose fresh, ripe, local vegetables.
- ✔ Package produce in freezer bags or plastic containers that seal tightly.
- ✔ Label with name of item and date.
- ✔ Use within 1 year.
- ✔ Blanch vegetables before freezing (*fruit does not require blanching before freezing*).






HOW TO BLANCH

You will need:

- Large pot with lid
- Slotted Spoon
- Timer
- Large bowl
- Water & ice
- Prepared vegetables

1. Fill pot halfway with water, cover with lid and bring to boil.
2. Plunge vegetables into the boiling water.
3. Immediately start timer using blanching times below.
4. Use slotted spoon to remove vegetables and plunge into ice water.
5. Drain cooled vegetables, shaking slightly to remove water.

Vegetables that freeze well	How to prepare 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	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

Fruit that freezes well	How to prepare for the freezer
 Blueberries	Choose sweet, well-ripened berries. Wash. Freeze berries in freezer bag/container OR separately on a tray and then package.
 Peaches	Wash, peel, and slice. Sprinkle with sugar. Pack in rigid container to keep slices intact.
 Raspberries	Choose firm, fully mature fruit. Wash. Freeze berries in a freezer bag/container OR separately on a tray and then package.
 Strawberries	Choose firm, red berries. Wash, remove stems. Slice berries into a freezer bag/container OR separately on a tray and then package.
 Rhubarb	Choose tender, well-coloured stalks. Wash, trim, cut into small pieces.

Visit **Let's Talk Food Literacy** at foodliteracyptbo.ca for videos, recipes and information to support eating well.

Contact a Registered Dietitian for FREE. **Dial 811** and ask to speak to a Registered Dietitian OR visit healthconnectontario.health.gov.on.ca to start an online chat.