

# HOW TO PRESERVE VEGGIES BY BLANCHING & FREEZING

Taking the extra time to preserve fruits and veggies when they are in their prime will save time and money down the road. Blanching before freezing will preserve flavors, textures, and colors. Farmer's markets, grocery store specials, and wild-harvesting berries or other tasty treats are great opportunities to keep the bounty coming all year long.



## How to Blanch Veggies:

1. Prepare a large bowl of ice water, a slotted spoon, and a plate lined with a paper towel or cloth.
2. Bring a large pot of water to boil over high heat.
3. Prepare the veggies by cutting them into fairly uniform pieces so that they cook in a uniform way.
4. Just before tossing the veggies in the boiling water, add a couple tablespoons of salt to the water. This will help the veggies maintain their color and flavor.
5. Add veggies to the boiling water in small amounts so that the water will continue to boil. If blanching more than one type of veggie, blanch each one separately and blanch the lighter colored ones first, darker veggies will color the water and following veggies.
6. After about 30 seconds in the water, test the veggies for doneness. Remove one piece, place it in the ice water and taste. Keep tasting every 30-60 seconds until the veggies are cooking to your liking. Most will be done within 2-5 minutes.
7. When veggies are done, quickly remove them from the boiling water with the slotted spoon and plunge them into an ice bath to stop the cooking process.
8. Once the veggies are completely cool, remove them from the ice bath and drain them on the lined plate.

## Veggies that are Suitable for the Blanch/Freeze Method

- |                                  |                                    |
|----------------------------------|------------------------------------|
| * Artichokes                     | * Eggplant                         |
| * Asparagus                      | * Greens - Collards, Spinach, Kale |
| * Beans- Snap, green and wax     | * Mushrooms                        |
| * Beans- Lima, butter, and pinto | * Onions                           |
| * Broccoli                       | * Peas                             |
| * Brussel Sprouts                | * Bell Peppers                     |
| * Cabbage                        | * Potatoes                         |
| * Carrots                        | * Turnips                          |



The authors received funding support for this work from the National Institute of General Medical Sciences of the National Institutes of Health under award number P20GM103474 and award number 5P20GM104417. The content presented here is solely the responsibility of the authors and does not represent the official views of the National Institutes of Health. For further information please contact the Montana State University Food and Health Lab: (406) 994-3289 or [foodandhealthlab@gmail.com](mailto:foodandhealthlab@gmail.com)

