

Freezing Vegetables

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NORTH DAKOTA STATE UNIVERSITY

EIGHT POINTS FOR QUALITY

1. Use a variety best suited for freezing.
2. Watch maturity of produce -- and select at stage which is best for eating. This is very important.
3. Harvest, pack and freeze vegetables on the same day to keep maximum flavor.
4. Scald (blanch) vegetables to prevent enzymes from bringing about off flavors, loss of color and sometimes producing off-odors in the vegetables.
5. Chill after blanching in very cold water.
6. Drain well -- dry and pack.
7. Leave 1/2 inch headspace, label.
8. Freeze below zero and store at zero degrees.

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NORTH DAKOTA AGRICULTURAL COLLEGE

PREPARING VEGETABLES FOR FREEZING

Vegetable	Variety best for Freezing	Preparation	Time to Scald
ASPARAGUS	Martha Washington Mary Washington	Wash well and cut into desired lengths. Sort into 3 groups, according to thickness of stalk. Scald, chill and pack.	2 to 4 minutes in boiling water according to size of stalk. Chill.
BEANS Lima	Early Baby Potato Jackson Wonder Baby Fordhook Fordhook Henderson's Bush	Shell, wash and sort according to size. Scald and chill. Then sort out any beans that have turned white; these may be cooked or canned. Pack.	2 to 3 minutes in boiling water according to size. Chill.
Green or Snap	Bountiful Plentiful Stringless green pod Tender Green Wade Top Crop Wis. Refugee	Wash well, cut off stem and tips. Leave whole, slice, or cut into pieces. Scald, chill and pack.	2 to 3 minutes in boiling water. Chill.
Wax	Do not freeze well		
BEETS	Detroit Dark Red Other varieties of good color.	Cut off tops and clean. Cook until tender. Rub off skin. Slice or dice or leave whole. Pack and freeze.	Cook until tender.
BROCCOLI	Italian Green Sprouting (freezes well) DiCicco	Cut off large leaves and tough stalks. Wash well and soak, heads down in salted water (4 tsp. salt to 1 gal. cold water) for about 1/2 hour. Split lengthwise so heads are not more than 1-1/2 inches across. Scald, chill and pack.	5 minutes in steam, or 4 minutes in boiling water. Chill.
CORN on cob	Miniature Earligold Sunshine	Husk, remove silk and trim off bad spots. Wash, scald, chill, and pack.	7 to 10 minutes according to thickness of ear.
Whole kernel	Golden Bantam Golden Cross Bantam Country Gentleman Golden Rocket	Same as above - scald, chill and cut kernels off cob. Pack dry. Freeze.	
GREENS Spinach Swiss Chard Beet tops Turnip tops	All varieties freeze well.	Wash well, remove imperfect leaves and large, tough stems. Scald, chill and pack.	1 to 2 minutes in boiling water. Swiss Chard - 3 to 4 minutes. Chill.
PEAS	Lincoln Little Marvel Thomas Laxton Laxton's Progress	Shell, sort out immature and tough peas, wash, scald, chill dry and pack.	1 minute in boiling water. Chill.
PEPPERS	Merrimac Wonder Pennwonder	Wash, halve, remove seeds. Slice or dice as preferred. Pack dry - freeze.	Scalding not necessary but makes packing easier. Scald 3 min. Chill.
WINTER SQUASH	Buttercup Green gold Rainbow Dry type of squash recommended.	Pick fully mature. Wash and cut into pieces. Remove seeds; bake at 350° or steam until tender. Cool, scoop pulp from rind and mash. Pack in jars or boxes, leaving 1" headspace. Freeze below zero; store at 0° F. Pie mixes may be made and frozen for short storage.	
TOMATOES	Whole tomatoes are not recommended. Any variety will freeze as a stewed tomato or as juice.	Wash, cut into quarters, remove core at tip. Place in kettle, crush to start juice. (Do not add water). Bring to boil, then simmer for 10 minutes until soft. Put through food mill or press. Fill glasses or plastic containers leaving 1/2 inch headspace. Add 1/2 tsp. salt per pint of juice. Seal and freeze.	
GROUND CHERRIES	Husk Tomatoes	Husk, scald, pack in containers and cover with syrup (3 cups sugar to 1 qt. water). Freeze.	Scald 2 minutes. Chill

Note: Tomatoes, lettuce, celery, cucumbers and onions have not been frozen satisfactorily.

HOW TO BLANCH (SCALD) VEGETABLES

WATER BLANCH: Use about 1 pound of vegetables at a time. Place vegetables in a wire basket or colander (do not let them pack) which is then placed into a kettle of boiling water (using about 1 gallon of water) for the recommended time. Remove and chill and place at once in ice water. Drain well.

STEAM BLANCH: A steamer must be used - use 1 inch of water in bottom of steamer and bring to full boil. Place vegetables in basket over water in the steamer. Cover tightly and count steaming time when water boils.

Note: Accurate timing is important. If you live at an altitude of over 2,500 feet add to the time for blanching as follows; Altitude of 2,500 feet to 5,000 feet one-half again as long. Over 5,000 feet blanch twice as long.

REFERENCES

- "Freezing Foods for Home Use" by J.D. Winter - U. of Minn.
- "Into the Freezer and Out" by Tressler - Evers - Long
- "Zero Storage in Your Home" by Boyden - Sparkes