



Handy Reference for Freezing Vegetables

Reviewed: May, 2006

Approximate Amount of Fresh Vegetables Needed to Yield 1 Quart of Frozen Vegetables

Vegetables	Amount
<i>Asparagus</i>	2 to 3 pounds
<i>Beans, snap, green or wax</i>	1 ½ to 2 pounds
<i>Beet, without tops</i>	2 ½ to 3 pounds
<i>Broccoli</i>	2 to 3 pounds
<i>Brussels Sprouts</i>	2 pounds
<i>Carrots, without tops</i>	2 ½ to 3 pounds
<i>Cauliflower</i>	2 medium heads
<i>Corn, sweet, in husks</i>	4 to 5 pounds
<i>Eggplant</i>	2 average
<i>Peas, green, in pods</i>	4 to 5 pounds
<i>Peppers</i>	1 pounds
<i>Squash, summer</i>	2 to 2 ½ pounds
<i>Squash, winter & Pumpkin</i>	1 ½ to 3 pounds
<i>Spinach and other Greens</i>	2 to 6 pounds
<i>Tomatoes</i>	2 ½ to 3 ½ pounds

Directions for Boiling Water Blanching

Boiling water blanching is the preferred method. Use large amounts of water and small amounts of vegetables so that the water boils again quickly after the vegetable is added. For most vegetables, use 1 gallon (4 quarts) of water per pound of prepared vegetable. For leafy vegetables such as spinach, use 1 gallon water per ½ pound vegetables.

See timetable for length of time to blanch. Use a large pot and wire basket or cheesecloth. Heat water to a vigorous boil. Place vegetables in basket or cloth and plunge into boiling water. Cover pot and start counting time when water returns to a boil. Keep the heat high for time given. As soon as blanching is completed, cool quickly by plunging basket of vegetables immediately into large quantity of very cold water, 60°F or below. Change water frequently or use cold running water or ice water. Drain, pack in freezer containers or materials and freeze quickly at 0°F or lower. The boiling water may be re-used.

Directions for Steam Blanching

Place a few inches of water in a pot with a tight fitting lid. Bring water to a boil. Put the vegetables in a single layer in a basket that fits in the pot an inch above the water. Cover pot, keep heat high, start counting time as soon as the lid is on. As soon as blanching is completed, cool quickly by plunging the basket of vegetables immediately into large quantity of very cold water, 60°F or below.

Change water frequently or use cold running water or ice water. Drain, pack in freezer containers or materials and freeze quickly at 0°F or lower. Contact your Cornell Cooperative Extension office for steam blanching times.

Timetable

Vegetable	Boiling Water Blanching Time (min.) or Alternative Treatment
<i>Asparagus</i>	2 small, 3 medium, 4 large
<i>Beans, snap, green or wax</i>	3
<i>Beets</i>	Cook until tender; cool, slice or dice
<i>Broccoli</i>	(up to 1 ½" across) 3
<i>Brussels Sprouts</i>	3 small, 4 medium, 5 large
<i>Carrots, small</i>	5
<i>diced,</i>	sliced or lengthwise strips 2
<i>Cauliflower</i>	(1" across) 3
<i>Corn,</i>	
<i>on the cob</i>	7 small, 9 medium, 11 large
<i>whole kernel or cream style</i>	
<i>(blanch before cutting corn from cob)</i>	4
<i>Eggplant,</i>	½" thick slices 4
<i>Mushrooms, whole, sliced or diced</i>	sauté, cool
<i>Peas, green</i>	1 ½
<i>snow peas, sugar snap</i>	1 ½ small
	2 large
<i>Peppers, bell or sweet</i>	
<i>chopped</i>	sauté, cool
<i>halves</i>	3
<i>strips and rings</i>	2
<i>Squash, summer,</i>	½" slices 3
<i>grated for baking, steam blanched</i>	1 to 2
<i>Squash, winter and Pumpkin</i>	cook and mash
<i>Spinach and other Greens</i>	2 (3 for Collards)
<i>Tomatoes, juice or stewed</i>	cool and freeze
<i>raw, skinned and cored, freeze whole or in pieces</i>	
<i>Tomato or Spaghetti Sauce any recipe</i>	cooled
<i>Turnips, Parsnips, or Rutabagas,</i>	
<i>½" cubes</i>	2
<i>cook and mash</i>	cool and freeze

Reference:

So Easy To Preserve, 4th Edition, Cooperative Extension Service, University of Georgia, 1999.

For additional information, contact your local Cornell Cooperative Extension Office.

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