

Handy Reference for Freezing Vegetables

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

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

Boiling Water Blanching Time (min.)

Vegetable	Alternative Treatment
Asparagus	2 small, 3 medium, 4 large
Beans, snap, green or wax	3
Beets	Cook until tender; cool, slice or dice
Broccoli (up to 1½" across)	3
Brussels Sprouts	3 small, 4 medium, 5 large
Carrots, small	5
diced, sliced or lengthwise strips	2
Cauliflower (1" across)	3
Corn,	
on the cob	7 small, 9 medium, 11 large
whole kernel or cream style	
(blanch before cutting corn from cob)	4
Eggplant, ½" thick slices	4
Mushrooms, whole, sliced or diced	sauté, cool
Peas, green	1 ½
snow peas, sugar snap	1 ½ small
	2 large
Peppers, bell or sweet	
chopped	sauté, cool
halves	3
strips and rings	2
Squash, summer, ½" slices	3
grated for baking, steam blanched	1 to 2
Squash, winter and Pumpkin	cook and mash
Spinach and other Greens	2 (3 for Collards)
Tomatoes, juice or stewed	cool and freeze
raw, skinned and cored, freeze whole or in pieces	
Tomato or Spaghetti Sauce	any recipe cooled
Turnips, Parsnips, or Rutabagas,	
½" cubes	2
cook and mash	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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