

# To Prepare Vegetables for Freezing

Times vary depending on size of vegetable pieces.

<b>Vegetables</b>	<b>Preparation</b>	<b>Blanch</b>
<b>ASPARAGUS</b>	Wash, cut in desired length.	2 to 4 minutes
<b>BEANS, Lima</b>	Shell, wash, sort for size.	2 to 4 minutes
<b>BEANS, Green or Wax</b>	Wash, cut in 1½-inch pieces or leave whole.	3 to 4 minutes
<b>BEETS</b>	Boil until tender. Cool. Remove skins; slice, cube or leave small ones whole.	Not applicable
<b>BROCCOLI</b>	Wash, trim, split lengthwise, 1-inch thick.	3 to 4 minutes
<b>BRUSSELS SPROUTS</b>	Cut off old leaves, leave whole. Sort for size.	3 to 5 minutes
<b>CABBAGE</b>	Wash. Remove core and outer leaves. Cut in coarse shreds or thin wedges.	1½ minutes
<b>CARROTS</b>	Wash, peel. Leave small ones whole or cut into dices, slices or strips.	2 to 5 minutes
<b>CAULIFLOWER</b>	Wash. Cut into 1-inch flowerettes.	3 minutes
<b>CORN, on Cob</b>	Husk, remove silk. Wash.	7 to 11 minutes
<b>CORN, Whole, Cream Style</b>	Husk, remove silk. Wash.	4 minutes*
<b>GREENS, All Kinds</b>	Wash, remove stems.	2 minutes
<b>KOHLRABI</b>	Wash. Peel. Leave whole or cut into ½-inch cubes.	1 to 3 minutes
<b>OKRA</b>	Wash. Remove stems.	3 to 4 minutes
<b>PARSNIPS</b>	Wash. Peel. Cut into ½-inch cubes or slices.	2 minutes
<b>PEAS, All Kinds</b>	Shell, sort for size, wash.	1½ to 2 minutes
<b>PEPPERS, Hot, Red or Green Bell</b>	Wash. Remove stem and seeds. Cut in halves or strips.	Not applicable
<b>PUMPKIN, Winter Squash</b>	Cook until tender, peel. Cut into pieces or mash.	Not applicable
<b>SUMMER SQUASH</b>	Wash. Cut into slices.	3 minutes
<b>SWEET POTATOES</b>	Cook until tender, peel. Cut into pieces or mash.	Not applicable
<b>TURNIPS, RUTABAGAS</b>	Wash. Peel. Cut into ½-inch cubes.	2 minutes

\*Cooking time before kernels cut off cob.