



Vegetable Freezing Guide — www.SouthernSavers.com

For Vegetables that Need to be Blanched First

Vegetable	Prep needed	Blanching time
Asparagus	Wash, cut/snap ends off	2-4 minutes (longer for thicker stalks)
Beets	Wash, peel, cut into quarters	2-3 minutes
Broccoli	Wash, cut into florets, separate florets from stems, peel stems	2 minutes
Brussels sprouts	Wash, trim off the roots	3-5 minutes
Cabbage	Remove outer leaves, wash, cut into wedges or shred it	1 ½ minutes (shredded) 3 minutes (wedges)
Carrots	Wash, peel, cut into smaller pieces	2 minutes
Cauliflower	Wash, cut into florets	5 minutes
Celery	Wash, trim, cut into 1-inch lengths	3 minutes
Corn	Shuck, remove silk (remove kernels after blanching)	3 minutes
Parsnips	Peel, cut into cubes	2 minutes
Peas	Shell	1 ½ minutes
Peppers	Wash, remove stem and seeds, slice or dice	2-3 minutes
Rutabagas	Trim, peel, rinse, dice into cubes	2 minutes
Summer Squash	Wash, cut into rounds	3-5 minutes
Turnips	Scrub, peel, cube	2 minutes

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For Vegetables that Don't Need to Be Blanched

Vegetable	Prep for Freezing
Butternut squash	Peel, remove seeds, cut into chunks, then freeze
Eggplant	Slice, bake at 350 degrees for 15-20 minutes, then freeze
Mushrooms	Rinse, dry, then freeze
Onions	Peel, chop or slice, then freeze
Potatoes / Sweet Potatoes	Bake or boil according to your chosen method, remove skins, then freeze
Spinach	Remove large stems, rinse, dry, then freeze
Tomatoes	Wash, remove stem scar, dry, then freeze whole