

## Freezing Fruit and Vegetables

### Preparing Fruit and Vegetables For Freezing

- Select good quality produce to freeze.
- Freeze as soon as possible after picking.
- Wash vegetables thoroughly in cold water.

### How to blanch vegetables for freezing

- Use a blancher with a basket and cover or a saucepan with a metal sieve.
- Boil 4.5 litres (*one gallon*) of water per half a kg (*1 pound*) of prepared vegetables.
- Place the vegetables in a blanching basket or metal sieve.
- Carefully lower the vegetables into the boiling water.
- Cover the vegetables with a lid.
- Start your timer as soon as the water returns to the boil.
- Blanch for the suggested times (*below*).
- When branching is complete you need to plunge vegetables quickly into cold water to stop them cooking. Either use a running tap or save water by filling a bowl with cold water and changing it regularly. Hi should cool veg for as long as you blanched it. (*Use the waste water in your garden when cool!*)
- Drain the water off the vegetables thoroughly before freezing.
- Either package straight into freezer bags or lay veg on a baking tray to freeze pieces separately before packaging.

### What Fruits and Vegetables Can I Freeze?

#### *1. Asparagus*

##### *How to freeze asparagus:*

- Wash thoroughly.
- Trim woody ends.
- Cut into 2 inch pieces.
- Arrange by thickness.

- Blanch for 2-4 minutes depending on thickness.
- Cool, drain, package and seal.

## *2. Beans (green)*

### *How to freeze green beans:*

- Select young tender beans.
- Wash 3 minutes and remove ends.
- Leave whole or cut into lengths.
- Blanch for 3 minutes, cool, drain and pack.

## *3. Beans (lima, butter etc)*

### *How to freeze beans:*

- Wash and shell beans.
- Blanch for 2-4 minutes.
- Cool, drain, package and seal.

## *4. Beetroots*

### *How to freeze beetroots:*

- Wash and cook by leaving on root and tops (trimmed) and boiling for 25-50 minutes until tender.
- Cool and peel each beetroot, removing stem and stalk.
- Cut into slices or cubes.
- Package and seal.

## *5. Broccoli & Cauliflower*

### *How to freeze Broccoli and Cauliflower:*

- Cut into florets about 1-2 inches.
- Blanch for 3 minutes.
- Cool, strain and package.

## **6. Brussel Sprouts**

### ***How to freeze Brussel Sprouts***

- Remove outside leaves and trim stems.
- Cut sprouts in half.
- Blanch for 2-3 minutes.

## **7. Cabbage (for cooking)**

### ***How to freeze cabbage***

- Remove outside leaves.
- Cut into shreds or wedges,
- Blanch for 1-2 minutes.
- Package and seal.

## **8. Carrots**

### ***How to freeze carrots:***

- Peel and cut into slices or cubes. Baby carrots can be left whole.
- Blanch for 2 minutes.
- Strain and package.

## **9. Corn**

### ***How to freeze corn:***

- Remove silk and wash.
- Blanch for 7-11 minutes depending on size.
- Cool, strain and package.

## **10. Dark Leafy Greens: Chard, Kale, Turnip & Spinach**

### ***How to freeze greens:***

- Wash leaves and remove stems.
- Chop if desired.
- Blanch for 2-3 minutes.
- Cool, strain and package.

### ***11. Peas with edible pods : Sugarsnap, Mangetout***

#### ***How to freeze peas:***

- Remove ends and string.
- Blanch for 1-2 minutes.
- Cool, strain and package.

### ***11. Peas (remove pod)***

#### ***How to harvest peas:***

- Wash, shell and blanch for 2 minutes.
- Cool, strain and package.

### ***11. Peppers***

#### ***How to freeze peppers:***

- Wash and de-seed.
- Cut pepper on

### ***12. Courgette (Zucchini)***

#### ***How to freeze Courgette***

- Cut courgette into 1.5cm wedges and blanch for 3 minutes.
- Strain, Cool and package.

### ***13. Blueberries, Strawberries, Raspberries (& most other berries)***

#### ***How to freeze berries***

- Wash and gently dry.
- Package and freeze.

### ***14. Plums***

#### ***How to freeze plums:***

- Remove stone
- Cut in half or quarters.

- Package and freeze.

### ***15. Rhubarb***

#### ***How to freeze rhubarb:***

- Trim ends
- Cut into pieces.
- Package and freeze.
- See our detailed post all about [harvesting and storing rhubarb](#) and these yummy [rhubarb recipes](#).

### ***16. Sweet potatoes***

#### ***How to freeze sweet potatoes***

- Wash sweet potatoes.
- Cool until tender (boil, steam or oven bake)
- Cool, peel and halve or slice.
- To prevent discoloration you can dip chopped potatoes in 1 tablespoon citric acid or 1/2 cup lemon juice per litre of water for 5 seconds.
- Package, seal and freeze.

### ***17. Tomatoes***

#### **How to freeze tomatoes**

- Wash tomatoes.
- Place tomatoes in boiling water for 30 seconds which will loosen skins enough for you to peel them.
- Remove core.
- Leave whole or chop.
- Package, seal and freeze.

### ***18. Turnips***

#### ***How to freeze turnips***

- Wash and peel turnips.
- Cut into small cubes.

- Blanch, cool and drain.
- Package and freeze.

## **19. Onions**

### ***How to freeze onions***

- Wash, peel and chop raw onions.
- There is no need to blanch onions.
- Package and freeze.

## **20. Leeks**

### ***How to freeze leeks***

- Remove outer leaves and trim ends.
- Split lengthwise to wash thoroughly.
- Slice and package (no need to blanch)

## **21. Herbs**

### ***How to freeze herbs***

- Wash herbs.
- Drain and pat dry.
- You can chop if desired.
- Freeze in bags or ice cubes with water.

## **22. Mushrooms**

### ***How to freeze mushrooms***

- Mushrooms are best frozen sauteed in butter for a few minutes.
- Allow to cool before packaging and freezing.
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## **23. Potatoes (French fried or wedges)**

### ***How to freeze potatoes***

- Wash and peel potatoes.
- Rinse and pat dry.
- Deep fry a small amount at a time for 5 minutes until tender.

- Drain, package and freeze.
- To reheat, bake in oven on 240°C until brown.