

## Freeze with Ease Guide

Freezing is simple and the most time efficient way to preserve foods at home. It is important to note that freezing does not improve the quality of foods but when properly done it can **preserve** most of the quality of the fresh product. Food stored constantly at 0°F will always be safe.

### Freezing Vegetables

- Choose vegetables for freezing that are at their peak of flavor and texture. Over-mature vegetables may be hard, tough or flavorless.
- To remove dirt, bacteria and pesticide residue, wash vegetables thoroughly in cold water. Drain and rinse several times with cold water. Peel, trim and cut vegetables as desired for freezing.
- Blanch vegetables prior to freezing to stop the action of growth. Up until harvest time, enzymes cause vegetables to grow and mature. If vegetables are not blanched, or blanching is not long enough, the enzymes continue to grow during frozen storage causing off-colors, off-flavors and toughening.
- The most convenient way to blanch vegetables is in a large pot of boiling water. Allow one gallon of water per pound of vegetables. Bring the water to boil and lower vegetables into the water, allowing the water to continue boiling. Cover and start counting the blanching time as recommended.
- As soon as blanching is complete, cool the vegetables quickly and thoroughly to stop the cooking process. To cool, drain the vegetables into a strainer, and then plunge the vegetables into a container of ice water. Cool vegetables for the same amount of time as they are blanched. Drain thoroughly and freeze up to 8 months.

### Water Blanching Times

Vegetable	Blanching Time	Minutes
Cabbage		1½
Green Peas		1½
Asparagus, small stalks		2
Beans, snap, green or wax		2
Blackeye Peas		2
Broccoli		2
Carrots, diced or sliced		2
Cauliflower flowerets		2
Celery		2
Collards		2
Rutabagas, cubed		2
Summer Squash, 1½" slices		2
Sweet Peppers, halved		2
Corn, cream or whole kernel, (Blanched on cob, cooled and cut off cob)		4
Eggplant, ½-inch slices		4
Carrots (whole, small)		5

*All vegetables may be cooked from frozen state except corn-on-the-cob, which should be partially defrosted to preserve the texture.*



### Freezer Storage Chart - 0°F

Meats	Months
Bacon	1
Casseroles	2 to 3
Frozen Dinners and Entrees	3 to 4
Gravy (meat or poultry)	2 to 3
Ham, Hotdogs and Lunchmeats	1 to 2
Meat, uncooked roasts	4 to 12
Meat, uncooked steaks or chops	4 to 12
Meat, uncooked ground	3 to 4
Meat, cooked	2 to 3
Poultry, uncooked	12
Poultry, uncooked parts	9
Poultry, cooked	4
Sausage	2
Soups and Stews	2 to 3

Dairy	Months
Butter	6 to 9
Buttermilk	3
Cheddar & Swiss Cheese	6
Cream, whipped	1 to 2
Cream, half and half	4
Ice Cream	2 to 4
Margarine	12
Milk	3
Yogurt	1 to 2

Fish	Months
Cooked Fish	4 to 6
Fatty Fish, bluefish, mackerel, salmon	2 to 3
Lean Fish, cod, flounder, haddock, sole	6

Shellfish	Months
Cooked shellfish	3
Live clams, mussels, crab, lobster	2 to 3
Shrimp, scallops, crayfish, squid	3 to 6
Shucked clams, mussels and oysters	3 to 6

*Recommended Storage Times  
Are for Quality Preservation Only!*



Enlighten Educate Empower