

Freezing Produce: A Quick Guide

Guide courtesy of:
The Country Chic Cottage



Apples

Wash
Peel
Core
Slice
Place in citrus or fruit
fresh
Pack
Freeze

Berries

Whole:
Wash
Remove Cap/Stem
Dry
Pack
Freeze
Preserves:
Follow freezer
preserve instructions
on package

Corn

On the Cob:
Husk
Trim
Remove Silks
Wash
Blanch 6 min
Cold Water 6 min
Drain
Dry
Wrap (freezer paper
or alum foil)
Freeze

Greens

Wash
Remove stems
Blanch 2 min
Cool
Drain
Pack
Freeze

Green Beans

Wash
Trim
Blanch 4 min
Cool
Drain
Pack
Freeze

Herbs

Wash
Drain
Pat Dry
Pack
Freeze

Kiwi

Peel
Slice
Pack
Freeze

Okra

Wash
Remove Stems
Cut into pieces
Pack
Freeze

Peas

Shell
Blanch 2 min
Cool
Drain
Pack
Freeze

Peppers

Wash
Drain
Pat Dry
Pack
Freeze
NOTE: you can also
dice before packing

Pine- apple

Peel
Core
Slice
Pack with freezer
paper between slices
Freeze

Plums

Wash
Pat Dry
Pack Whole
Freeze

Squash

Wash
Slice
Blanch 3 min
Cool
Drain
Freeze

Tomato

Wash
Dip in boiling water
to peel
Core
Cool
Pack
Freeze

NOTES

Please see the Ball Blue Book for questions. This is only a quick guide and not meant to replace the Blue Book. Pack into freezer bags or containers unless otherwise noted. Label all containers with date

Turnips

Remove tops
Wash
Peel
Slice or dice
Blanch 3 min
Cool
Drain
Pack
Freeze