

# How to Freeze 20 Fruits and Vegetables

VEGETABLES	PREP	BLANCH
English peas 	Shell peas	Yes (1 to 1½ minutes)
Snap peas and snow peas 	Trim strings	Yes (1 to 1½ minutes)
Wax or green beans 	Trim stem ends	Yes (1 to 2 minutes)
Bell peppers 	Remove stem and seeds and cut into 4 pieces or into strips or dice	No
Asparagus 	Trim woody bottoms	Yes (1 to 2 minutes)
Spinach 	Wash and trim	Yes (1 to 1½ minutes)
Tomatoes 	Peel (you'll need to blanch them first), seed, and cut into chunks	Yes, to remove the peel (30 seconds)
Broccoli and cauliflower 	Remove stems and cut florets into 1½-inch pieces	Yes (2 to 3 minutes)
Corn 	Remove husks and leave the cob whole	Yes (3 to 5 minutes); cut kernels off after blanching, if needed
Rhubarb 	Cut into 2-inch chunks	Not necessary but can help retain the vivid color
FRUITS	PREP	BLANCH
Raspberries, blueberries, blackberries 	Leave whole, wash, and dry well	No
Strawberries 	Remove hull, wash, and dry well	No
Cherries 	Leave whole, wash, and dry well; remove the pit, if you like	No
Peaches and nectarines 	Peel (the peel hardens during freezing) and remove the pit; then cut into 1-inch wedges	No
Apricots 	Remove the pit and cut in half, or in quarters if large	No

## to blanch

Most vegetables benefit from blanching before freezing. The process slows the loss of nutrients, and also brightens the vegetables' color. In general, fruits don't need blanching (unless it's to remove the peel).

1. Bring a large pot of water to a rolling boil (about 2 quarts per 2 to 3 cups of vegetables).
2. Working in small batches, add the vegetables. Allow the water to return to a boil and cook according to the times listed at left.
3. Using a large slotted spoon, scoop out the veggies and immediately immerse them in a large bowl of ice water to stop the cooking. Remove and dry thoroughly before freezing.

## to freeze

1. Create a level area in your freezer to fit a rimmed baking sheet. If you're strapped for space, use something smaller—like a cake pan—and repeat the freezing steps below as needed.
2. Line the baking sheet with parchment, foil, or waxed paper. Prep the fruits or vegetables as directed at left. Arrange the prepared fruits or vegetables in a single layer, making sure they don't touch. Freeze until solid, 60 to 90 minutes, depending on size and freezer temperature.
3. Transfer to heavy-duty freezer bags. Press out as much air from the bag as possible (if you have a vacuum sealer, use it), seal, and store in the back of the freezer (the coldest part) until ready to use.