

# Blanching Times for Freezing Vegetables

Vegetable	Blanching Time (minutes)	Tips & Other Ideas
<b>Beans-Snap, Green, or Wax</b>	3	
<b>Broccoli (or Cauliflower)</b> Florets cut 1½ inches across	3	
<b>Brussel Sprouts</b> Small Heads Medium Heads Large Heads	3 4 5	
<b>Cabbage</b> Shredded	1	
<b>Carrots</b> Small whole Diced, Sliced or Lengthwise Strips	5 2	
<b>Corn</b> Whole ears (husked)  (after blanching, cut corn kernels from cob to freeze)	4-6	
<b>Eggplant</b>	4	
<b>Greens (chopped)</b> Collards All Other (kale, spinach, etc)	3 2	
<b>Okra</b> Small Pods Large Pods	3 4	
<b>Peppers</b> Halves Strips or Rings	3 2	Only blanch peppers that will be used for cooking. To freeze peppers that can be eaten raw later, just chop and freeze without blanching.
<b>Summer Squash</b> Sliced  (Texture changes a bit after blanching / freezing)	3	Try freezing uncooked shredded squash to use in breads and soups.
<b>Tomatoes</b>  It's easiest to freeze tomatoes raw and use in cooking later. They can be frozen whole, sliced, or pureed, with or without skins.	n/a	<ul style="list-style-type: none"> <li>To remove skin before freezing, dip whole tomatoes into boiling water for 1 minute until skin splits off.</li> <li>To freeze whole tomatoes, remove stem scar, place on cookie sheet and place in freezer. Once frozen, transfer tomatoes into sealable bags and place in freezer.</li> <li>To remove skins after freezing, run under warm water until the skin slips off.</li> </ul>