

Green, Snap, or Wax Beans

Preparation – Select young tender pods when the seed is first formed. Wash in cold water, snip and cut into 2 to 4-inch lengths. Water blanch 3 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.



Corn

Preparation – Select only tender, freshly-gathered corn in the milk stage. Husk and trim the ears, remove silks and wash.

Corn-on-the-cob – Water blanch small ears (1¼ inches or less in diameter) 7 minutes, medium ears (1¼ to 1½ inches in diameter) 9 minutes and large ears (over 1½ inches in diameter) 11 minutes. Cool promptly and completely to prevent a "cobby" taste. Drain and package. Seal and freeze.



Whole Kernel Corn – Water blanch 4 minutes. Cool promptly, drain and cut from cob. Cut kernels from cob about 2/3 the depth of the kernels. Package, leaving ½-inch headspace. Seal and freeze.

Cream Style Corn – Water blanch 4 minutes. Cool promptly and drain. Cut kernel tips and scrape the cobs with the back of a knife to remove the juice and the heart of the kernel. Package, leaving ½-inch headspace. Seal and freeze.



Another way to prepare cream style corn for freezing is to cut and scrape the corn from the cob without blanching. Place the cut corn in a double boiler, and heat with constant stirring for about 10 minutes or until it thickens; allow to cool by placing the pan in ice water. Package in moisture-vapor resistant containers, leaving ½-inch headspace. Seal and freeze.

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Freezing Pointers

- ▶ Freeze foods at 0°F or lower. To facilitate more rapid freezing, set the temperature control at -10°F or lower about 24 hours in advance.
- ▶ Freeze foods as soon as they are packed and sealed.
- ▶ Do not overload your freezer with unfrozen food. Add only the amount that will freeze within 24 hours, which is usually 2 to 3 pounds of food per cubic foot of storage space. Overloading slows down the freezing rate, and foods that freeze too slowly may lose quality.
- ▶ Place packages in a single layer in the coldest part of the freezer.
- ▶ Leave a little space between packages so air can circulate freely. When the food is frozen, store the packages close together.



Source: National Center for Home Food Preservation, <http://www.uga.edu/nchfp/how/freeze.html>

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FREEZING VEGETABLES

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Freezing Vegetables

Freezing is an excellent way to preserve vegetables from your garden or the Farmers Market to enjoy during those cold winter months. Freezing vegetables is easy and only requires a freezer that maintains a temperature of 0 degrees F or lower.

Blanching

Blanching (scalding vegetables in boiling water for a short time) is a must for almost all vegetables to be frozen. It stops enzyme actions which can cause loss of flavor, color and texture.

Blanching cleans the surface from dirt and organisms, brightens the color and prevents loss of vitamins. It softens vegetables and makes them easier to pack.

Blanching time is crucial and varies with the vegetable and size. Under blanching stimulates the activity of enzymes and is worse than no blanching. Over blanching causes loss of flavor, color, vitamins and minerals.

For home freezing, the most satisfactory way to heat all vegetables is in boiling water. Use a blancher which has a blanching basket and cover, or fit a wire basket or large strainer into a large pot with a lid.

Use one gallon water per pound of prepared vegetables. Put the vegetable in a blanching basket and lower into vigorously boiling water. Place a lid on the blancher. The water should return to boiling within 1 minute, or you are using too much vegetable for the amount of boiling water. Start counting blanching time as soon as the water returns to a boil. Keep heat high for the time given in the directions for the vegetable you are freezing.

As soon as blanching is complete, vegetables should be cooled quickly and thoroughly to stop the cooking process. To cool, plunge the basket of vegetables

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immediately into a large quantity of ice cold water. Cooling vegetables should take the same amount of time as blanching.

Drain vegetables thoroughly after cooling. Extra moisture can cause a loss of quality when vegetables are frozen.

Blanching Times

Vegetable	Blanching Time (minutes)
Beans-Snap, Green, or Wax	3
Beans-Lima, Butter, or Pinto	
Small	2
Medium	3
Large	4
Beets	cook
Broccoli (flowerets 1½ inches across)	3
Steamed	5
Carrots	
Small	5
Diced, Sliced or Lengthwise strips	2
Cauliflower flowerets, 1 in across	3
Corn (Corn on the cob)	
Small ears	7
Medium ears	9
Large ears	11
Whole Kernel or Cream Style (ears blanched before cutting corn from cob)	4
Peas-Edible Pod	1½-3
Peas-Green	1½
Peppers-Sweet	
Halves	3
Strips or Rings	2

Containers for Freezing



Foods for your freezer must have proper packaging materials to protect their flavor, color, moisture content and nutritive value from the dry climate of the freezer. The selection of containers depends on the type of food to be frozen, personal preference and types that are readily available. Do not freeze fruits and vegetables in containers with a capacity over one-half gallon. Foods in larger containers freeze too slowly to result in a satisfactory product.

There are two types of packaging materials for home use: rigid containers and flexible bags or wrappings.

Rigid containers made of plastic or glass are suitable for all packs and are especially good for liquid packs. Straight sides on rigid containers make the frozen food much easier to get out. Rigid containers are often reuseable and make the stacking of foods in the freezer easier.

If using glass jars, choose wide mouth dual purpose jars made for freezing and canning. These jars have been tempered to withstand extremes in temperatures. Leave headspace to allow for expansion of foods during freezing. Covers for rigid containers should fit tightly. If they do not, reinforce the seal with freezer tape. Freezer tape is especially designed to stick at freezing temperatures.

Flexible freezer bags and moisture-vapor resistant wrapping materials such as plastic freezer wrap, freezer paper, and heavy-weight aluminum foil are suitable for dry packed products with little or no liquid. Bags and wraps work well for foods with irregular shapes. Bags can also be used for liquid packs. Press to remove as much air as possible before closing.

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