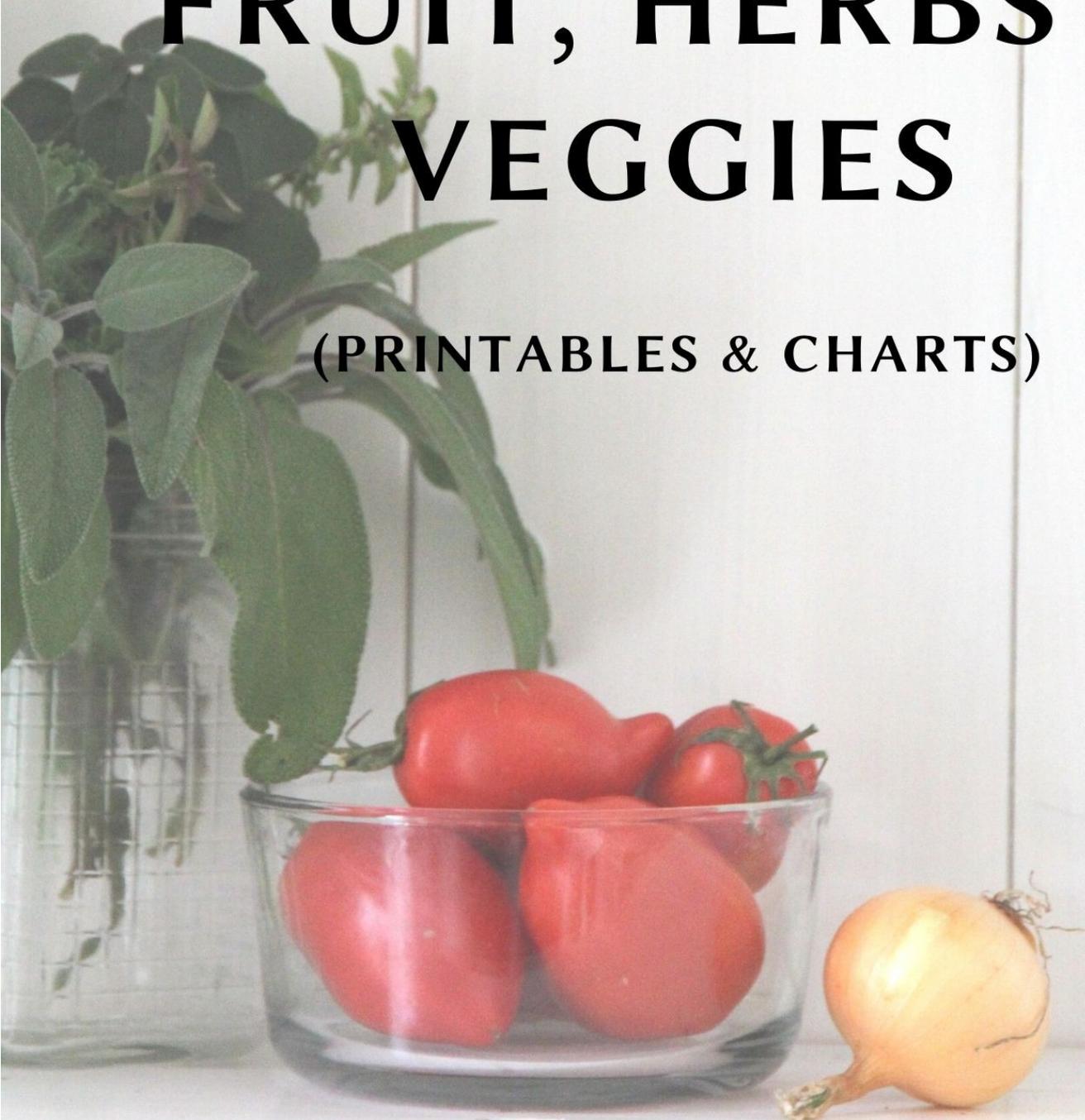


Your Guide to
FREEZING
FRUIT, HERBS &
VEGGIES

(PRINTABLES & CHARTS)



by Autumn Rose

Chapter 5: Free Charts & Printables

Once you understand how the process works for each type of produce, all you really need in your kitchen are the printable directions and free charts I've made for you (see below).

Let's be real about this: the information on freezing food can be quite redundant! Once you understand the process, all you need is a quick reference chart that has blanching times or directions for freezing.

So print off the following pages and keep them in your kitchen where you can quickly access them during harvesting and preserving season!

Of course, if you have questions you can always contact me at atraditionallife.com.

All the best on your journey,
Autumn

Checklist for Blanching Vegetables

1. *Night before:* fill plastic containers with water and freeze for ice blocks
2. *Morning of:* harvest produce and bring it inside immediately.
3. Remove the colander insert and fill your pot 2/3 full of water.
4. Cover with lid and set to boil on the stovetop.
5. Start prepping your vegetables or greens.
6. Rinse produce clean, remove stems, ends and if needed, cut veggies to size.
7. Fill the colander as you go, stopping once it's 2/3 full.
8. Fill sink with cold water and add a large cube of ice from freezer.
9. Once the water has reached a rolling boil, gently settle the filled colander inside.
10. If the pot is going to overflow because there's too much water, take some out.
Not enough? Don't worry, the hot steam will blanch to topmost bits!
11. After the proper length of time has passed, carry the pot over to the kitchen sink.
12. Lift the colander and let the first rush of hot water drain back into the pot.
13. Dump everything into the sink of cold water and wait for veggies to become lukewarm.
14. Scoop veggies into a 2nd colander and let them drain off in a second sink.
15. Bag food in zip lock freezer bags or use a vacuum seal.
16. Add a food label, date and freeze immediately.
17. Got more produce to blanch? Add a bit of water to the pot and put it back on to boil.
18. Repeat the process as needed.

Blanching Times for Fruit and Berries

all fruits can also be preserved in a syrup (see pg 8)

Fruit	Blanching Time	Notes and Instructions
Apple	none	Wash. Peel. Slice into salt water. Rinse. Bag. Freeze.
Apricot	none	Wash. Pit. Bag and freeze.
Berries (firm)	none	Harvest. Rinse. Dry. Bag, label and freeze.
Berries (soft)	none	Harvest. Pick over. Bag, label and freeze.
Cherry	none	Rinse. Remove pits or leave whole. Bag, label and freeze.
Grape	none	Harvest. Rinse. Remove from stems and freeze.
Nectarines	none	Wash. Peel. Slice into salt water. Rinse. Bag. Freeze.
Peach	none	Wash. Peel. Slice into salt water. Rinse. Bag. Freeze.
Pear	none	Wash. Peel. Slice into salt water. Rinse. Bag. Freeze.
Plum	none	Wash. Pit. Bag and freeze.

Blanching Times for Herbs & Alliums

Alliums	Blanching Time	Notes and Instructions
Garlic	none	Peel. Dice. Flash freeze or freeze in thin layers. Label.
Shallots	optional 1-2 min	Peel. Slice into rings if blanching. For raw freezing, dice. Bag. Label. Freeze in meal size portions.
Leeks	3 min	Halve, wash and slice 1 inch rings. Blanch. Bag. Use in soups.
Onions	optional: 1-2 min	Peel. Slice into rings if blanching. For raw freezing, dice. Bag. Label. Freeze in meal size portions.
Herbs		
Green Herbs	none	Flash freeze, freeze in oil or water.
Horseradish	none	Peel, grate, freeze raw or create and freeze sauce.

Blanching Times for Vegetables

Vegetable	Blanching Time	Notes and Instructions
Asparagus	2-4 min	If stems are quite thick, blanch the full 4 minutes. Cool. Bag.
Beans (snap)	2 min	Blanching not necessary if consumed in 6 months.
Beets	Boil until soft	Use young, whole beets. Boil, cool, slice and freeze.
Broccoli Florets	1-3 min	Blanch thick stems full 3 min. Smaller=1-2 minutes.
Brussels Sprouts	2 min	Blanching not necessary if consumed in 6 months.
Cabbage	1 min	Blanching not necessary if consumed in 6 months. Otherwise, cut 1 inch slices. Blanch. Cool. Freeze.
Carrot	4 min	Slice into ½ inch rings before blanching.
Cauliflower Florets	2 min	Divide into serving size pieces. Blanch like broccoli.
Celery	2-3 min	Cut into rings. Blanch, cool, drain, freezer for winter soups.
Corn	4-5 min	Husk ears. Blanch whole. Cool in ice bath. Cut kernels from cob and immediately freeze in meal-size portions.
Eggplant	bake 400F	Poke with fork. Bake until soft. Freeze in meal size portions
Greens-beet, chard, kale, spinach	1-2 min	Remove tough stems and blanch whole leaves. Cool. Spread on trays to freeze or roll into balls, bag and freeze.
Okra	3-4 min	Remove stems but leave okra whole. Blanch. Freeze.
Parsnip	3 min	Peel. Cube 1 inch squares. Blanch. Freeze. Also see potato
Peas (shelled)	2 min	Shell peas. Blanch peas. Spread on tray and freeze. Bag.
Peas (sugar snap)	2 min	Blanch whole. Bag in meal size portions and freeze.
Peppers (sweet/hot)	none	Remove seeds and pith. Dice. Bag in meal size portions.
Potato	cook	Boil potatoes. Mash. Dairy products help preserve texture. Freeze in meal-size portions.
Pumpkin	bake 400	Halve. Remove seeds. Bake until soft. Freeze in meal size portions
Squash (winter)	bake	Halve squash. Bake until soft. Freeze in meal size portions.
Tomatoes	none	Remove stems. Freeze whole. Run under hot water to remove skins before adding to soups and stews.
Turnips/Rutabaga	3 min	Peel, cube, blanch. Or cook and process like potato.
Zucchini	none	Grate and freeze for zucchini bread in baking portion

Freezer Life of Vegetables

Vegetable	Months of Freezer Life	Directions for Use
Asparagus	12 months	Thaw in fridge before heating for use.
Beans (snap)	6 months raw; 12 months if blanched	Add directly to hot soups. If serving as side, allow to thaw in fridge before heating.
Beets	8 months	Thaw in fridge before using
Broccoli Florets	6 months	Add directly to hot soups or omelettes.
Brussels Sprouts	6 months raw; 12 months if blanched	Thaw in fridge before heating as side dish; add frozen to soups or stir fry.
Cabbage	4 months raw; 9 months if blanched	Add directly to stir fry or in mixed vegetable side dish.
Carrot	12 months	Add to hot soups. Thaw in fridge for side dish.
Cauliflower Florets	8 months	Add directly to stir fry. Thaw in fridge for side dish.
Celery	12-18 months	Add directly to soups and stews.
Corn	12 months	No need to thaw for soups or as side dish. Cook.
Eggplant	9-12 months	Thaw in refrigerator before using
Greens-beet, chard, kale, spinach	8-10 months	Add directly to hot dishes or use frozen greens in smoothies and purees.
Okra	8-10 months	Thaw in fridge or add directly to hot dishes.
Parsnip	9 months	Thaw in fridge before warming with butter.
Peas (shelled)	12 months	Thaw in fridge or add directly to hot dishes.
Peas (sugar snap)	8 months	No need to thaw for soups or side dish. Cook.
Peppers (sweet/hot)	12 months	Add directly when cooking hot dishes.
Potato	6 months	Thaw in refrigerator and then heat for serving.
Pumpkin	6 months	Thaw in refrigerator. Use.
Squash (winter)	6 months	Thaw in refrigerator before warming with butter.
Tomatoes	12 months	Run under hot water to remove peel. Use as needed.
Turnip/Rutabaga	9 months	Thaw in refrigerator, then heat for serving.
Zucchini	4-6 months	Thaw in refrigerator or use directly in hot dishes.

Freezer Life of Fruit

fruit preserved in a syrup should last up to 12 months in the freezer

Fruit	Freeze Life	Directions for Use
Apple	8-10 months	Thaw in refrigerator or use frozen fruit to create filling
Apricot	8-10 months	Thaw in refrigerator or use frozen fruit to create filling
Berry Varieties	12 months	Thaw in refrigerator or use in frozen form
Cherry	8-10 months	Thaw in refrigerator or use frozen fruit to create filling
Grape	10-12 months	Thaw in refrigerator or use in frozen form
Nectarines	3-6 months	Thaw in refrigerator or use frozen fruit to create filling
Peach	3-6 months	Thaw in refrigerator or use frozen fruit to create filling
Pear	3-6 months	Thaw in refrigerator or use frozen fruit to create filling
Plum	6-8 months	Thaw in refrigerator or use frozen fruit to create filling

Freezer Life of Herbs & Alliums

Alliums	Freezer Life	Directions for Use
Garlic	3-6 months	Remove portions as needed. Add directly to dishes.
Shallots	3-6 months	Remove portions as needed. Add directly to dishes.
Leeks	6-8 months	Remove portions as needed. Add directly to dishes.
Onions	3-6 months	Remove portions as needed. Add directly to dishes.
Herbs	Freezer Life	Directions for Use
Flash Freezing	2-4 months	Measure and remove only what you need. Use immediately.
Frozen in Water	6-8 months	Add cubes to soups, stews and home cooked dishes
Frozen in Oil	8-10 months	Use in meat marinades, condiments and home cooked dishes.
Horseradish	3-6 months	Peel, grate and freeze in oil. Or create sauce and freeze.