

# Handy Reference for Freezing Vegetables

2006

## Approximate Amount of Fresh Vegetables Needed to Yield 1 Quart of Frozen Vegetables

Vegetables	Amount
Asparagus	2 to 3 pounds
Beans, snap, green or wax	1½ to 2 pounds
Beet, without tops	2½ to 3 pounds
Broccoli	2 to 3 pounds
Brussels Sprouts	2 pounds
Carrots, without tops	2½ to 3 pounds
Cauliflower	2 medium heads
Corn, sweet, in husks	4 to 5 pounds
Eggplant	2 average
Peas, green, in pods	4 to 5 pounds
Peppers	1½ pounds
Spinach and other Greens	2 to 6 pounds
Squash, summer	2 to 2½ pounds
Squash, winter & Pumpkin	1½ to 3 pounds
Tomatoes	2½ to 3½ pounds

### Directions for Boiling Water Blanching

Boiling water blanching is the preferred method. Use large amounts of water and small amounts of vegetables so that the water boils again quickly after the vegetable is added. For most vegetables, use 1 gallon (4 quarts) of water per pound of prepared vegetable. For leafy vegetables such as spinach, use 1 gallon water per ½ pound vegetables.

See timetable for length of time to blanch. Use a large pot and wire basket or cheesecloth. Heat water to a vigorous boil. Place vegetables in basket or cloth and plunge into boiling water. Cover pot and start counting time when water returns to a boil. Keep the heat high for time given. As soon as blanching is completed, cool quickly by plunging basket of vegetables immediately into large quantity of very cold water, 60°F or below. Change water frequently or use cold running water or ice water. Drain, pack in freezer containers or materials and freeze quickly at 0°F or lower. The boiling water may be re-used. Directions for Steam Blanching

Place a few inches of water in a pot with a tight fitting lid. Bring water to a boil. Put the vegetables in a single layer in a basket that fits in the pot an inch above the water. Cover pot, keep heat high, and start counting time as soon as the lid is on. As soon as blanching is completed, cool quickly by plunging the basket of vegetables immediately into large quantity of very cold water, 60°F or below. Change water frequently or use cold running water or ice water. Drain, pack in freezer containers or materials and freeze quickly at 0°F or lower. Contact your Cornell Cooperative Extension office for steam blanching times.

## Timetable

Vegetable	Boiling Water Blanching Time (minutes) or Alternative Treatment
Asparagus	2 small, 3 medium, 4 large
Beans, snap, green or wax	3
Beets	Cook until tender, cool, slice or dice
Broccoli (up to 1½" across)	3
Brussels Sprouts	3 small, 4 medium, 5 large
Carrots, small	5
Cauliflower (1" across)	3
Corn, on the cob	7 small, 9 medium, 11 large
Corn, whole kernel or cream style (blanch before cutting corn from cob)	4
Eggplant, ½" thick slices	4
Mushrooms, whole, sliced or diced	sauté, cool
Peas, green	1½
Peas, snow peas, sugar snap	1½ small, 2 large
Peppers, bell or sweet	
chopped	sauté, cool
halves	3
strips and rings	2
Spinach and other Greens	2 (3 for Collards)
Squash, summer, ½" slices	3
grated for baking, steam blanched	1 to 2
Squash, winter and Pumpkin	cook and mash
	cool and freeze
Tomatoes, juice or stewed	raw, skinned and cored, freeze whole or in pieces
Tomato or Spaghetti Sauce	any recipe cooled
Turnips, Parsnips or Rutabagas	
1/2" cubes	2
cook and mash	cool and freeze

**Reference:** *So Easy To Preserve*, 4th Edition, Cooperative Extension Service, University of Georgia, 1999. For additional information, contact your local Cornell Cooperative Extension Office. Revised by Judy Price, Katherine Humphrey, Christina Stark and Donna Scott, 2002. Original by Ruth Klippstein; revised by Mary Lou Tenney, 1987, Division of Nutritional Sciences, Cornell University.

# Handy Reference for Freezing Fruits

2006

## Approximate Amount of Fresh Fruit Needed to Yield 1 Quart of Frozen Fruit

Fruit	Amount
Apple	2½ to 3 pounds
Apricots	2 to 2½ pounds
Berries (except Strawberries)	1½ to 3 pounds (1-2 quart boxes)
Cherries, unpitted	2 to 2½ pounds
Cranberries	1 pound
Grapes	4 pounds
Peaches, Nectarines	2 to 3 pounds
Pears	2 to 2½ pounds
Plums	2 to 2½ pounds
Raspberries	1 quart
Rhubarb	2 pounds
Strawberries	1½ quarts

### Ways to Pack Fruit

**Syrup Pack** – Whole fruits and those that tend to darken. Mix and dissolve sugar in water; add ascorbic acid if needed.

**Sugar Syrup** – Choose the type of syrup to suit the sweetness of the fruit and your taste. The sweet syrup helps the fruit hold its shape, color and flavor, however it does not prevent spoilage. The very light syrup approximates natural sugar levels in most fruits and adds the fewest calories.

Type of Syrup	Percent Sugar	Cups Sugar	Cups Water	Yield in Cups
Very Light	10%	½	4	4½
Light	20%	1	4	4¾
Medium	30%	1¾	4	5
Heavy	40%	2¾	4	5½
Very Heavy	50%	4	4	6

**Other Sweeteners:** Light corn syrups or mild-flavored honey may be used to replace up to half the table sugar called for in syrups. The amount of water is the same.

**Sugar Pack** – For juicy fruits and for those that do not darken. Mix 1 quart of fruit with ¼ to 1 cup of sugar (depending on personal taste).

**Dry Pack** – Pack towel-dried small or whole washed fruits in a container, seal, label, freeze.

**Loose or Tray Pack** – Spread fruits in a single layer on tray. When frozen (approximately 1/2 hour), package.

**Non-sugar Sweeteners** – Sugar substitutes may be used in any of the unsweetened packs. Both saccharin and aspartame work

well in frozen products or they may be added to fruit just before serving.

Fruit	Type of Pack	
	Best Quality Pack	Other Recommended Packs
Apple Slices		
for pie	sugar	dry, water, juice
for uncooked desserts	40% syrup*	water, juice
Applesauce	sugar	unsweetened
Apricots	40% syrup*	sugar, syrup, water, juice
Blackberries	40 or 50% syrup*	sugar, dry, water, juice
Blueberries	tray, dry	crushed with sugar
Cherries		
sour	50% syrup	sugar, dry, water, juice
sweet	40% syrup	dry, water, juice
Cranberries	tray, dry	syrup
Grapes, seeded		
whole	40% syrup	
juice	unsweetened	sugar
puree	sugar	
for pie	sugar, lemon juice	
Peaches, Nectarines	40% syrup*	sugar, water, juice
Pears, heated	40% syrup*	water, juice
Plums	40 or 50% syrup*	water, juice
Raspberries	tray, dry	sugar, syrup
Strawberries		
whole	sugar	50% syrup, water, juice
sliced	sugar	unsweetened
crushed	sugar	unsweetened

\*Add ascorbic acid (vitamin C) to the syrup to prevent darkening: Crystalline – 1/2 teaspoon per quart syrup, Tablets – 1500 milligrams per quart syrup.

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