

## Home Freezing of Vegetables

Freezing is one of the easiest, most convenient and least time-consuming methods of preserving foods. Freezing keeps the natural color, fresh avor and nutritive qualities of most foods better than other known methods of preservation. Although freezing does not sterilize food, the extreme cold retards the growth of microorganisms and slows down chemical changes that a ect quality or cause food to spoil.

Top Quality Frozen Vegetables

To maintain top quality, frozen vegetables should be stored at 0°F or lower. Most refrigerator-freezer combinations and separate freezer units should freezer thermometer can help you determine the jars made for freezing and canning. ese jars have actual temperature of your freezer. ese thermom eters are relatively inexpensive and generally-avail tures. able at hardware or grocery stsiprevent loss of quality and nutrients, freezing must

ity of certain types. ere are two types of packaging materials for home use: rigid containers and exible freezer bags or wrappings.

Rigid Containers

product.

- Suitable for all packs and especially good for liquid packs
- O en reusable
- Make stacking of foods easier

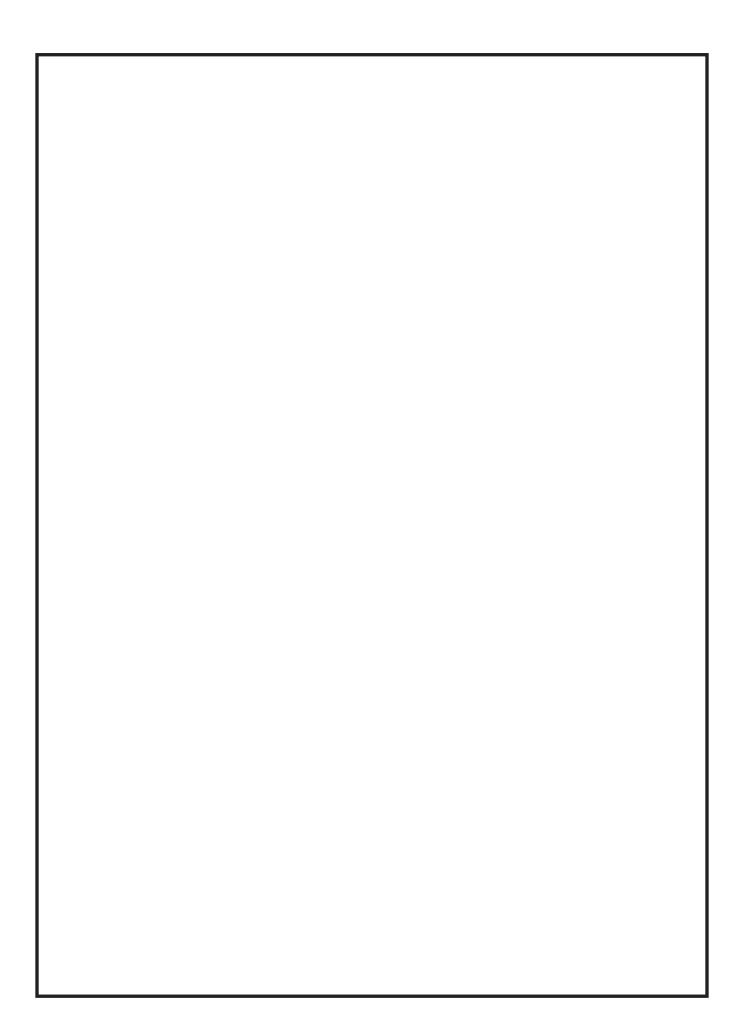
have no trouble in maintaining this temperature. A If using glass jars, choose wide-mouth, dual-purpose been tempered to withstand extremes in tempera-

be rapid. erefore, it is best not to freeze vegetables Covers for rigid containers should t tightly. If they in containers with a capacity over one-half gallon as do not, freezer tape can be used to reinforce the seal. the foods freeze too slowly to result in a satisfactory

Flexible Freezer Bags or Wrapping Materials Dry-packed products with little or no liquid and foods e selection of containers depends on the type of with irregular shapes can be preserved using exible food to be frozen, personal preference and availabil freezer bags or wrappings. Wrapping materials include

- plastic freezer wrap,
- · freezer paper, and
- · heavy-weight aluminum foil.

Plastic freezer bags are available in a variety of sizes and work well for liquid packs. Use bags labeled for freezer use. Regular storage bags are thinner and suit able for short-term refrigerator storage only. When packaging, make sure to eliminateminockets. Press to removemin3 (s m)19.1 (uc)6 (hmin)1vir in3 (s p)-9 (os) out and sealn3 (s t)-6 (h)4 (e a)ut. Carefully follow the di tions that come with the vacuum sealer. To avoid the risk of botulism from some vacuum-packaged foods, keep foods frozen until ready to use.



Preparing Vegetables for Freezing
For best results, products should be frozen as quickly as possible. To facilitate more rapid freezing, set the temperature control of your freezer at the cold est setting several hours before foods will be placed in the freezer. Some freezer manuals indicate the location of the coldest shelves in the freezer and sug gest placing products on these shelves.

Prior to loading the freezer, check the freezer manual for instructions on recommended amounts of unfrozen product thlk te unf5 (t s)-7.9 559 (era)19GTJ EMC4 uro4ang (en5-US)/MCyen-USheebe t.-9 (e 2P <</Lang0 (r)3s )0.5

- 7. A er cooling, li the vegetables out of the cold water. Let them drain in the blanching basket or transfer to a colander. Drain vegetables thoroughly a er cooling. Extra moisture can cause a loss of quality when vegetables are frozen.
- 8. Package prepared vegetables in the storage contain er of your choice. If using rigid freezer containers, leave ½ inch headspace to allow for the food-to ex pand. Headspace is not needed for loosely packed foods such as broccoli spears.
- Label bags or containers with a waterproof marker. List the name of the product, the amount of product (cups, ounces or pounds) and the date processed.
- 10. Place packages in the freezer. Arrange them loosely or in a single layer so they freeze quickly. Homefrozen vegetables have a storage time of 8 to 12 months when properly packaged and stored at 0°F. A er this time, the food should still be safe, yet quality may be a ected.

www.uaf.edu/ces or 1-877-520-5211

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