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HOW TO Freeze Vegetables

Wash and Prep

Wash your fresh veggies, clean them, and peel, trim, and/or chop them as needed.



Blanch

Boil your vegetables briefly (usually 2-5 minutes). Then IMMEDIATELY plunge them into ice water.

Dry

Dry thoroughly on a paper towel-lined sheet pan spreading them evenly on the pan.



Pack, Seal, and Freeze

Place the veggies into airtight freezer bags or containers of your choice. Remove as much air as possible to avoid freezer burn. Label the bag with the date. Freeze..

To Note:

Vegetable can be stored in a freezer for about 18 months - depending on freshness when they were frozen.

