



The Farm at Miller's Crossing

Week of July 19th 2010

farmatmillerscrossing.com

Do you have too many veggies...if so here are some tips for freezing from Just Food.....

1) Select and Prepare Vegetables.

Use highest quality veggies for freezing.

Wash vegetables thoroughly in cold water.

2) Blanch

Blanching and prompt cooling are necessary steps in preparing many vegetables for freezing. Blanching destroys bacteria, deactivates enzymes and helps remove any surface dirt. To blanch vegetables means to cook through very briefly. Leafy greens should cook only one minute and broccoli about two.

Steam Blanch Vegetables

Put 2 inches water in a large pot, w/steamer rack and bring water to boiling.

Place prepared vegetables directly in colander

Cover pot and steam.

Halfway through, check to see that all pieces are being steamed: stir or shake if necessary.

Test vegetables. Leaves should be limp but stalks, etc. should be firm. All vegetables should be heated through, but not cooked.

Lift out vegetables and spread on clean cloth or paper towels.

Water Blanching Vegetables

Fill large pot half full with water and bring to a boil.

Put no more than 3 qts. of vegetable pieces in cheesecloth or mesh bag.

Dunk this bag in boiling water, making sure water covers the vegetables. Shake bag so hot water reaches all pieces. Allow vegetables to cook for a few minutes

Adjust heat, so water continues to boil.

Remove from boiling water and dunk directly into a cold water bath to stop the cooking.

Drain on paper towel or cloth.

3) Pack

Dry Pack:

Place prepared vegetables into meal-sized freezer bags or containers.

Pack tightly to cut down on the amount of air in the package.

Leave ½ inch at the top of rigid containers and close securely. For freezer bags, fill to within 3 inches of top.

Tray Pack: By freezing separately first, each piece of tray-packed food remains loose so that the amount needed can easily be taken from the container and the package resealed.

Place prepared vegetables in a single layer on shallow trays or pans.

Freeze until firm, then remove and quickly fill labeled bags or containers.

Close and freeze immediately.



Too much squash and zucchini????

4) Label and Store

Label packages with the name of the product and the freezing date.

Leave space between packages to freeze quickly, and then store packages close together.

Most vegetables maintain high quality for 12-18 months at 0 degrees F or lower. Longer storage may impair quality.

It is a good idea to post a list of the frozen vegetables near the freezer and to check off packages as they are used.