

Tips for storing fruits and vegetables

Long Live Freshness!

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The Seal-a-Meal® System is a wonderful way to preserve the freshness and nutritional value of fruits and vegetables. It also allows you to buy vegetables and fruits in season when they're at their best and most affordable, then enjoy them later in the year.

- › It is essential that vegetables are correctly blanched before freezing, as blanching removes dirt and bacteria. Most importantly, blanching stops the enzyme action which destroys the fresh flavor, color, and texture of your vegetables. Watch your vegetables carefully as you blanch. Under-blanching actually stimulates enzyme action and over-blanching removes color and vitamins.
- › To Blanch: drop 1 pound of vegetables at a time into 1 gallon of rapidly boiling water. Use 2 gallons of boiling water for leafy vegetables. Cover and begin timing immediately. Follow the Blanching Chart below for proper times. Remove blanched vegetables with a slotted spoon and plunge into ice cold water. The same boiling water may be used for 6 to 10 batches of blanching.

Blanching & Freezing Garden Vegetables Recommended blanching times:

Vegetable	Preparation	Blanching Time
Asparagus	Wash and trim ends. Leave whole or cut into 2-inch pieces.	3 minutes thin 4 minutes thick
Beans, green	Wash and trim ends. Leave whole or cut into 2-inch pieces.	3 minutes
Beans, lima	Wash, shell, and size sort.	small to medium 2 to 3 minutes large beans 4 minutes
Broccoli	Remove leaves and cut small floret from tough stalk. Wash well to remove any insects	3 to 4 minutes
Brussels sprouts	Wash and trim tough outer leaves. Wash well to remove any insects.	3 to 5 minutes
Cabbage	Wash and trim outer leaves. Cut into 1/2-inch slices	3 to 4 minutes
Carrots	Remove top and peel. Cut into 1/2 inch disks	3 to 4 minutes
Cauliflower	Remove leaves and cut florets from stalk. Wash well to remove any insects.	3 to 4 minutes
Corn-on-the-cob	Remove husk and silk. Wash well.	small ears - 6 to 8 minutes large ears - 9 to 11 minutes
Corn, whole kernel	Remove husk and silk. Wash well. Trim kernels from cob.	4 to 5 minutes
Peas, green	Wash and shell peas.	2 minutes
Peppers	Wash and halve. Remove stem and seeds. Cut in slices if desired.	halves - 3 minutes slices - 2 minutes
Spinach	Wash and remove tough stems.	30 seconds to 1-1/2 minutes
Squash	Wash and cut into 1/4-inch slices.	2 to 3 minutes