VEGETABLE STEAMING, BLANCHING & FREEZING GUIDE

FARM-FRESH PRESERVATION CHEAT SHEET | TIME PROTOCOLS, ICE BATH SHOCK & SHELF LIFE

WHY BLANCHING IS MANDATORY BEFORE FREEZING:

Blanching halts enzyme activity that causes flavor loss, color fading, and mushy texture. Submerge into ice water immediately afterward.

COMPREHENSIVE VEGETABLE TIME & PREPARATION MATRIX

Vegetable Type	Preparation Cut Size	Steam Time	Blanch Time	Ice Bath Shock	Freezer Life
Asparagus	Trimmed spears (woody ends removed)	4 - 6 Mins	2 - 3 Mins	3 Mins	8 - 12 Months
Green Beans	Whole or cut into 1-inch pieces	5 - 7 Mins	3 Mins	3 Mins	8 - 12 Months
Broccoli	Cut into 1.5-inch uniform florets	5 - 6 Mins	3 Mins	3 Mins	10 - 12 Months
Brussels Sprouts	Halved or trimmed whole	8 - 10 Mins	3 - 5 Mins	5 Mins	10 - 12 Months
Carrots	Peeled & sliced into 1/4-inch coins	6 - 8 Mins	2 Mins	2 Mins	10 - 12 Months
Cauliflower	Cut into 1.5-inch uniform florets	5 - 7 Mins	3 Mins	3 Mins	10 - 12 Months
Corn (on the Cob)	Husked & silk removed	6 - 8 Mins	7 - 11 Mins	8 Mins	10 - 12 Months
Corn (Whole Kernel)	Cut from blanched cob	4 - 5 Mins	4 Mins	4 Mins	10 - 12 Months
Kale / Collards	Stems stripped, leaves chopped	4 - 6 Mins	2 Mins	2 Mins	10 - 12 Months
Spinach / Chard	Washed, trimmed whole leaves	2 - 3 Mins	1.5 Mins	2 Mins	10 - 12 Months
Peas (Green / Sweet)	Shelled pods	3 - 4 Mins	1.5 Mins	2 Mins	10 - 12 Months
Snow / Sugar Snap Peas	Trimmed pods with strings removed	3 - 4 Mins	2 Mins	2 Mins	10 - 12 Months
Bell Peppers	Seeded & cut into 1/2-inch strips	4 - 5 Mins	No blanch needed	-	8 - 10 Months
Zucchini / Yellow Squash	Sliced 1/4-inch or diced	4 - 5 Mins	2 Mins	2 Mins	8 - 10 Months
Mushrooms (Button/Cremini)	Sliced or whole button (steam)	4 - 5 Mins	3.5 Mins	4 Mins	8 - 10 Months
Potatoes (Baking / Red)	Peeled & cubed into 1-inch dice	10 - 12 Mins	5 Mins	5 Mins	10 - 12 Months
Sweet Potatoes	Cubed or sliced coins	10 - 12 Mins	5 Mins	5 Mins	10 - 12 Months
Cabbage (Green / Savoy)	Shredded or cut into coarse wedges	5 - 8 Mins	1.5 Mins	2 Mins	10 - 12 Months

THE 4-STEP MASTER PRESERVATION PROTOCOL

Step 1: The Rolling Boil Drop Use 1 gallon of water per pound of prepared vegetables. Bring to vigorous rolling boil before adding vegetables. Begin timing immediately when water returns to

Step 2: The Ice Bath Shock Prepare a bowl filled with equal parts ice and cold water. Plunge vegetables directly from boiling pot into ice water. Shock for exactly the same duration as blanch

Step 3: Thorough Drying Drain vegetables completely in colander, then spin in salad spinner or spread flat across clean kitchen towels. Excess surface moisture forms ice crystals that ru

Step 4: The 'Flash Freeze' Method Spread dried vegetables in a single layer on parchment-lined baking sheets. Freeze 2-3 hours until rock hard, then transfer into vacuum seal or freezer zip bags.