



Wickham Farms CSA

Freezing Guidelines

You will likely find that there are weeks that you cannot consume all of the veggies you receive from the CSA. Our suggestion is that you consider freezing.

With many veggies, you will want to blanch vegetables before freezing. Here's how:

1. Half-fill a large pot with water and bring to a rapid boil.
2. Gently lower the veggies in the boiling water; you may wish to use a wire basket.
3. Once the water begins to boil again, start timing. See chart below for blanching times.
5. Remove the vegetables from the boiling water and plunge into ice-cold water to stop the cooking process.
6. Drain the vegetables and pack in either freezer bags or containers. Label the packaging and place into the freezer.



Here are freezing guidelines for many of our crops:

Beans (green and yellow)	Pick slender beans that do not show seeds through the pod. Blanch in boiling water for 3 minutes or steam for 4 1/2 minutes. We like frozen green beans best in soup.
Beets	Wash and leave 1/2 inch of the tops on. Boil whole and unpeeled until tender; 25-30 minutes for small beets, 45 to 50 minutes for medium to large beets. Let cool 3-5 minutes, then remove the skin.
Bok Choy	Wash leaves and cut off woody stem ends. Blanch in boiling water for 2 minutes.
Cantaloupe / Watermelon	Freeze in chunks; use in smoothies.
Broccoli	Split lengthwise into pieces not more than 1 1/2 inches across. Blanch in boiling water for 4 minutes or steam for 6 minutes.
Cabbage	Shred or cut into wedges. Blanch shredded cabbage in boiling water for 1 1/2 minutes or steam for 3 minutes. Blanch wedges in boiling water for 3 minutes or steam for 4 1/2 minutes. This cabbage is best in soups.
Celery	Use frozen in soups and stews. Trim and cut into small pieces; blanch in boiling water for 3 minutes. Does not need to be blanched if you plan to use within 3 months. Wash and freeze the leaves without blanching; they add great flavor to stocks.
Carrots	Freeze whole or cut into sticks or slices. Blanch in boiling water for 2 minutes for small pieces, 3 minutes for larger pieces, or 5 minutes for whole carrots. Or steam for 4 1/2 minutes for small pieces and 5 1/2 minutes for larger ones.
Cucumbers	Do not freeze well; better stored as pickles.
Eggplant	Best frozen when partially prepared first (sautéed, roasted, baked, etc).
Greens (spinach, kale, etc.)	Blanch in boiling water for 2 minutes or steam for 3 minutes. Cool and squeeze out excess liquid. Chop, if desired.
Peppers (sweet and hot)	May be frozen without blanching or blanch for 2 minutes in boiling water. Or roast peppers under the broiler until the skin chars; peel the skin off and freeze.
Radishes	Do not freeze well; much better pickled.
Winter Squash	Roast or microwave until soft and completely cooked. Puree, then freeze the puree. You may wish to drain off excess liquid in a coffee filter-lined colander.
Tomatillos	Freeze whole and unblanched or freeze in salsa verde.
Tomatoes	Freeze whole and unblanched or freeze in sauce or in soup.
Zucchini / Summer Squash	Freezes well in zucchini bread. Although you do not have to blanch, it will hold up better if you shred then blanch for 4 minutes (or until translucent).