

**POSER HOMESTEAD QUICK REFERENCE CHART: Blanching times**

VEGGIE	BLANCHING TIME	PRO TIPS
Asparagus	3-4 minutes	depending on size. Don't overcook.
Beans (green)	2-3 minutes	depending on size. Don't overcook.
Beets	cook first	cut up and cook fully before freezing
Broccoli	3-5 minutes	
Brussels Sprouts	4-6 minutes	depending on size
Cabbage	3-4 minutes	shred or chop first
Carrots	2-5 minutes	5 minutes for baby carrots, 2 minutes for sliced
Cauliflower	3-5 minutes	
Celery	3 minutes	chopped
Collard greens	3 minutes	
Corn	4-7 minutes	4 minutes: off cob. 7 minutes on the cob.
Eggplant cubes	4 minutes	
Herbs	don't blanch	put in bags in freezer. crumble to use
Kale	2-3 minutes	
Kohlrabi	3-4 minutes	
Leeks	don't blanch	
Okra	2-3 minutes	
Onions	don't blanch	
Parsnips	3-5 minutes	cut in rounds
Peas	2-3 minutes	
Peppers	2-3 minutes	2 minutes chopped, 3 for halves.
Pumpkin	cook first	Fully cook pumpkin. Freeze cooked cubes or mash
Scallions	don't blanch	
Spinach	2 minutes	
Swiss chard	2-3 minutes	
Tomato	1 minute	blanch to loosen skin, peel, freeze individually. Or can.
Turnip	2-3 minutes	cut in cubes