

Freezing Produce

The simplest, most flexible way to preserve a harvest surplus

DIFFICULTY Easy
TYPE Seasonal batch technique
TIME 30–60 min per batch



DIFFICULTY
Easy



TIME
30–60 min/batch



COST
Low (freezer space)



BEST SEASON
At harvest peaks



FREQUENCY
Several batches per season

01 Blanch, then freeze

Most vegetables benefit from a brief blanch — a quick dunk in boiling water, then ice water — before freezing, which halts enzyme activity that would otherwise degrade flavour, colour, and texture in storage.



02 What you'll need

- A large pot for blanching
- A bowl of ice water for shocking
- Freezer bags or containers
- A permanent marker for labelling with contents and date

03 Method

1. Wash and prepare produce (trim, chop, or portion as needed).
2. Blanch vegetables in boiling water briefly (time varies by vegetable), then immediately plunge into ice water to stop cooking.
3. Drain and dry thoroughly — excess water leads to ice crystals and freezer burn.
4. Portion into freezer bags or containers, removing as much air as possible.
5. Label with contents and date, and freeze flat where possible for faster freezing and easier storage.

04 Troubleshooting

- **Mushy texture after thawing** — over-blanching, or the vegetable simply doesn't freeze well raw or cooked; some produce (like lettuce) doesn't freeze successfully at all.
- **Freezer burn** — too much air left in the packaging; remove air thoroughly or use a vacuum sealer if available.
- **Loss of flavour or colour over time** — normal degradation over long storage; use within the recommended timeframe for that food, generally 6–12 months.
- **Everything frozen in one large clump** — portion into usable amounts before freezing, since large blocks are hard to divide once solid.

05 Timing & maintenance

BEST TIME	At harvest peaks, especially for produce with a very short fresh shelf life.
DURATION	30–60 minutes of active preparation per batch; frozen produce keeps 6–12 months typically.
MAINTENANCE	None once frozen; just track dates and use older stock first.
SIGNS OF SUCCESS	Produce that thaws with reasonable texture and flavour intact, without excessive ice crystals.

06 Tips & variations

PAIRS WELL WITH

Canning & Bottling

Dehydrating

COMMON MISTAKES

Skipping the blanch step for vegetables that need it

Not removing enough air from packaging before freezing

PRO TIP

Freeze small batches on a tray first (open freezing) before bagging — this stops pieces clumping into one solid block.