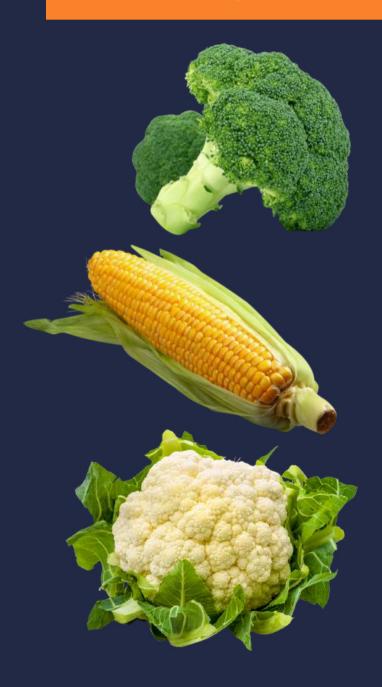
Blanching 101: A Step-by-Step Guide

- Prep veggies according to chart below
- Bring a pot of water to a boil
- Place prepped veggies into boiling water
- Wait for the water to return to a boil
- Start your timer according to the chart below
- Strain veggies into a collander
- 7 Transfer into a bowl with ice water to stop cooking
- B Dry, and package in airtight container
- **9** Enjoy refrigerated for up to 5 days, frozen for up to a year!



Equipment needed:

- Medium-Large Pot
- Collander
- Medium-Large Bowl of Ice Water
- Drying Towel
- Airtight container (tupperware, ziploc for freezing)



/ BLANCHING GUIDE /

VEGETABLE	PREP	BOIL TIME	FRIDGE LIFE
Broccoli	Cut florets from stalk, rinse	3-4 minutes	4-5 days; Freezer: 10-12 months
Cauliflower	Cut florets from stalk, rinse	3-4 minutes	4-5 days; Freezer: 10-12 months
Brussels Sprouts	Trim leaves, rinse	3-5 minutes	3-5 days; Freezer: 10-12 months
Carrots	Remove top and peel	3-4 minutes	5-7 days; Freezer: 10-12 months
Asparagus	Trim ends, rinse, cut to desired length	3 minutes if thin 4 minutes if thick	4-5 days; Freezer: 10-12 months
Spinach	Remove tough stems, rinse	30 seconds-1 1/2 minutes	3-5 days; Freezer: 10-12 months
Corn	Cob: Remove husk + silk, rinse Kernel: Remove from cob, rinse	Cob: small 6-8 minutes; large 9-11 minutes Kernel: 4-5 minutes	5 days Cob, 3-5 days Kernel Freezer: 10-12 months