



# 5 STEPS TO FREEZER SUCCESS

- 1) Pick prime produce: Choose veggies at the peak of their season, and freeze as soon as possible
- 2) Quickly blanch: Cook the vegetables for a few minutes in boiling water to stunt their ripening enzymes
- 3) Chill thoroughly: Immerse the vegetables in ice water until they cool off
- 4) Place vegetables into a freezer bag in a thin layer
- 5) Freeze!
- 6) Thaw within the year