

# VEGETABLE BLANCHING TIMES (IN MINUTES)



SOURCES: NATIONAL CENTER FOR HOME FOOD PRESERVATION, BALL BLUE BOOK GUIDE TO PRESERVING

<b>Artichoke, globe (hearts)</b>	7			<b>Greens</b>	COLLARD	ALL OTHERS	
<b>Artichoke, Jerusalem</b>	SMALL	MEDIUM	LARGE		3	2	
<b>Asparagus</b>	SMALL STALK	MEDIUM STALK	LARGE STALK	<b>Kohlrabi</b>	WHOLE	CUBED	
<b>Beans, green, snap or wax</b>	3				3	1	
<b>Beans, butter, Lima, or pinto</b>	SMALL	MEDIUM	LARGE	<b>Okra</b>	SMALL PODS	LARGE PODS	
<b>Beets</b>	COOK				3	5	
<b>Broccoli, florets</b>		MEDIUM	LARGE	<b>Onions</b>	BLANCHING IS NOT REQUIRED		
		3	4	<b>Parsnips</b>	3		
<b>Brussels sprouts</b>	SMALL	MEDIUM	LARGE	<b>Peas, field (Blackeye)</b>	SMALL	LARGE	
	3	4	5		1	2	
<b>Cabbage</b>	SHREDDED	WEDGES		<b>Peas, green (shelled or in the pod)</b>	2		
	1.5	3		<b>Peppers</b>	BLANCHING IS NOT REQUIRED		
<b>Carrots</b>	CUT	WHOLE		<b>Potatoes</b>	3-5		
	3	5		<b>Pumpkins</b>	COOK		
<b>Cauliflower, florets</b>	MEDIUM	LARGE		<b>Rutabagas</b>	3		
	3	4		<b>Squash</b>	SPAGHETTI	SUMMER	WINTER
<b>Corn, on the cob</b>	SMALL EARS	MEDIUM EARS	LARGE EARS		COOK	3	COOK
	6	8	10	<b>Sweet potatoes</b>	COOK		
<b>Corn, whole kernel or cream-style (blanch on the cob)</b>	5-6			<b>Tomatoes</b>	BLANCHING IS NOT REQUIRED		
<b>Cucumbers</b>	DON'T FREEZE WELL			<b>Turnips</b>	3		
<b>Eggplant</b>	4			<b>Zucchini</b>	3		

