

The image features a dark background with fresh green herbs, including a large basil leaf in the bottom left and several smaller leaves scattered around. On the right side, there is a large orange triangle that contains the main text. In the top left corner, there are two clear plastic containers filled with frozen herb cubes, showing the herbs preserved in ice.

FREEZE THE HARVEST

*Too busy to prep? This is
the fastest & most
nutritious way to preserve
the harvest*

The Basics

Use vegetables at peak flavor. Whenever possible, harvest in the cool part of the morning and freeze within a few hours. Wash vegetables thoroughly in cold water.

Blanch your vegetables. (Lower into vigorously boiling water for a few minutes, then plunge into very cold water for a few minutes.). Drain and pack tightly into freezer bags, leaving a half an inch of head space. If you prefer that your vegetables don't freeze in a block, you could freeze on a tray first. For more details for different produce types & freezer times, visit the National Center for Home Food Preservation.

Blanching

Why bother? Blanching stops enzyme actions which can cause loss of flavour, color and texture. It cleanses the surface of dirt and organisms, brightens the color and helps retard loss of vitamins. It also wilts or softens vegetables and makes them easier to pack, BUT time is crucial and varies with the vegetable and size so check the times listed on the above recommended site.

Tips

Freezing whole or prepped produce on cookie sheets, in muffin tins, or in ice cube trays helps to prevent large consolidated frozen bricks that are hard to defrost in efficient amounts. Once your portions are frozen, you can transfer them into more space efficient containers or bags, and take what you need when you need it in the future.



some inspiration

Have access to an abundance? Food blogs are great for finding different ideas for freezing veg for winter. Oven roasted onions or tomatoes, prepped and frozen in the freezer? Yes Please!

Check out some food blogs, Homestead and Chill is a fun one with sos much content.



LFI Equipment Loans

We also have some amazing equipment available to rent, like a vacuum sealer! It's super helpful for any of the above, or for entire frozen meal prep. Go to our website to book, as cheap as \$2/day. We're all about making food preserving more accessible so more of your diet can be made up of local ingredients!