

# Preparing Produce to Freeze Dry

Produce	Cutting Required	Blanching Required	Freezing Tip
Broccoli	Cut into florets	✓ Yes (3 min)	Cool in ice bath before freezing
Carrots	Slice/dice/chop	✓ Yes (2–5 min)	Use a baking sheet to freeze separately
Green Beans	Trim ends, cut if desired	✓ Yes (3 min)	Keep whole or cut for easy portioning
Bell Peppers	Slice/chop	✗ No	Freeze on tray, then store in bags
Zucchini	Slice/grate	✓ Yes (1–2 min) or ✗ if grated	Grated zucchini freezes best for baking
Spinach/Kale	Remove stems	✓ Yes (2 min)	Press out excess moisture before freezing
Corn (kernels)	Cut off cob	✓ Yes (4 min)	Cool before bagging
Peas	Shell	✓ Yes (1.5 min)	Freeze in thin layers
Tomatoes	Whole or chopped	✗ No (for sauces) or ✓ if for freezing raw	Best frozen as puree or sauce
Onions	Chop/dice/slice	✗ No	Freeze in meal-size portions
Berries	Whole	✗ No	Freeze on tray, then transfer to bag
Apples	Peel, core, slice	✓ Yes (2 min with lemon juice)	Ideal for pies or baking
Bananas	Peel	✗ No	Mash or slice; best for smoothies/baking
Mushrooms	Slice or whole	✓ Yes (1–2 min sauté or steam)	Avoid raw freezing to preserve texture
Celery	Chop/dice	✓ Yes (3 min)	Best used in cooked dishes after thawing
Cabbage	Shred or chop	✓ Yes (1–2 min)	Works well in soups/stews