

Ardcarne

Garden Centre

Vegetable Blanching Guide

Freezing your garden harvest is a great way to enjoy fresh produce all year round. Most vegetables benefit from blanching before freezing — this stops enzyme activity, helps retain colour, flavour and texture. Here's a handy guide with approximate blanching times.

Vegetable	Blanching Time (minutes)
Asparagus	2–4
Beans (green)	3
Beetroot (whole)	25–30
Broccoli	3
Brussels sprouts	3–5
Cabbage (shredded)	1.5
Carrots (sliced)	2
Cauliflower (florets)	3
Celery	3
Corn (on the cob)	7–11
Courgettes (sliced)	3
Kale	2.5
Leeks (chopped)	2
Mange tout	1.5
Mushrooms (whole)	3–5
Parsnips (sliced)	2
Peas	1.5–2
Peppers (sliced, no blanching)	No blanching needed
Spinach	2
Turnips (cubes)	2

Tip: Always cool blanched vegetables quickly in ice water, drain well, and pack in airtight containers or freezer bags. Label with the date for best results!