

Tips to Freeze Your Farmer's Market Finds!

Getting Started!

Before we share more specific tips on freezing some popular veggie choices, you should always start by:

1. Wash hands with soap and water
2. Rinse produce under running water, gently pat dry with a towel

Choosing safe containers is important!

Freezer safe containers include plastic freezer bags, plastic containers with a snowflake symbol, or freezer safe glass containers. Be careful of extreme changes in temperature, as glass could break!

Freezing Tomatoes: Did you know that you can freeze raw tomatoes with or without their skins?



With skin on whole tomato:

1. Freeze a whole tomato by placing in freezer bag and removing as much air as possible OR freeze whole tomatoes on baking sheet/tray to keep them from freezing together, then transfer to a freezer container. To remove skin after frozen, simply run under warm water and the skin will peel off.

Whole tomato without skin on:

1. Safely dip in boiling water for 30 seconds to a minute and skin should peel off easily
2. Then freeze whole tomato by portioning and placing into freezer bag. Leave 1 inch of space at top, remove as much air as possible when sealing OR freeze whole on baking sheet/tray so they do not stick together and when frozen, transfer to a freezer container

Halved/Quartered/Slices/Diced:

1. Cut tomatoes in your preferred way and portion. Place in freezer safe container leaving 1 inch of space at top of container or you can freeze on baking sheet/tray to prevent clumping before placing in freezer container.

Use by: Frozen tomatoes should be used within 6-8 months.

Best used in: Frozen tomatoes are best in cooked foods such as soups, sauces, stews, and chili as tomatoes will not be solid when defrosted.

Freezing Onions:



1. Peel onion and chop however you prefer
2. Place into freezer bag or freezer safe container, leaving about 1/2 inch of space at top of container. If using a freezer bag, be sure to squeeze out as much air as possible OR
3. So pieces don't all clump together, first place them in a single layer on a baking sheet/tray and place in the freezer until frozen (2hrs.). Then portion into freezer-safe storage containers

Use by: Your frozen onions should be used within 6 months. You do not need to thaw before use.

Best used in: Cooked dishes like soups, stews, casseroles, chili, or ground meat mixtures.

1 medium onion = about 1 cup chopped onion

Freezing Peppers:



1. Cut stems and remove seeds of peppers
2. Chop peppers how you like - slices, diced, or rings
3. Place into freezer bag or freezer safe container to freeze leaving no space at top, pack full. If using a freezer bag be sure to squeeze out as much air as possible OR
4. So pieces don't all clump together, first place in a single layer on baking sheet/tray and place in the freezer until frozen (2hrs) Then portion into freezer-safe storage containers

Use by: Frozen peppers should be used within 6-8 months. You do not need to thaw before use.

Best used in: Raw frozen peppers stay crisp, so can be used in a variety of dishes you love!

Don't Forget!

Date and label each container before you put it in the freezer. To defrost, take out of freezer and place in refrigerator or defrost in microwave.