

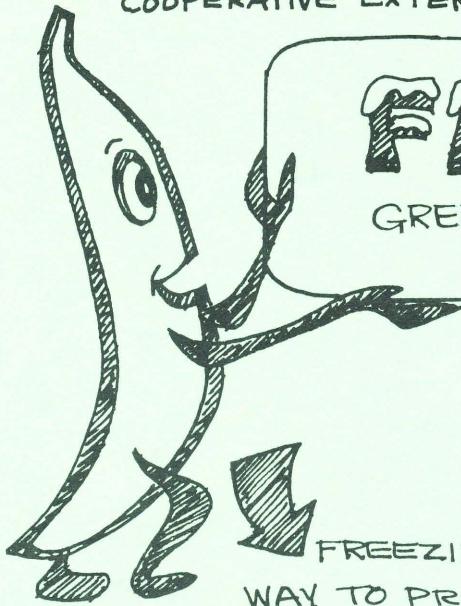
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Freezing Green and Yellow Beans
Michigan State University Extension Service
Judy VanWesten, Expanded Food and Nutrition Program
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FREEZING... GREEN AND YELLOW BEANS

Information by... Judy Van Westen
for... expanded nutrition program
cooperative Extension Service-MSU

FREEZING IS THE EASIEST AND SAFEST WAY TO PRESERVE FOOD. HOWEVER, FREEZING ONLY SLOWS DOWN GROWTH OF BACTERIA... IT DOES NOT STERILIZE THE FOOD... SO IT IS IMPORTANT TO HAVE CLEAN HANDS AND EQUIPMENT TO KEEP FOOD AS FREE FROM BACTERIA AS POSSIBLE. FOLLOW DIRECTIONS CAREFULLY!

★ **SELECT QUALITY PRODUCE;** GREEN OR YELLOW BEANS SHOULD BE FRESH (CRISP), LONG, STRAIGHT AND BRIGHT IN COLOR WITH NO BRUISES. HALF BUSHEL OF BEANS YIELDS ABOUT 20 PINTS.

EQUIPMENT:

sharp knife

ice water

tongs

large pan of boiling water

cutting board or cutting area.

wide mouth funnel

wire basket for blancher

colander or drip pan

cookie sheet

pot holder

... and freezer containers



BLANCHING: HEATING VEGETABLES BEFORE FREEZING SLOWS OR STOPS THE ACTION OF ENZYMES. UP UNTIL THE TIME VEGETABLES ARE PICKED, ENZYMES HELP THEM GROW AND MATURE. AFTER HARVESTING THEY MAY CAUSE LOSS OF FLAVOR AND COLOR. HEATING (BLANCHING) STOPS ENZYME ACTION TO KEEP VEGETABLES MORE ATTRACTIVE AND TASTY FROM THE FREEZER TO THE TABLE. (ALL VEGETABLES, EXCEPT CHOPPED ONION AND GREEN PEPPERS, NEED TO BE BLANCHED AND BLANCHING TIMES VARY, DEPENDING ON VARIETY AND THICKNESS.)

1 Wash beans in cold water. Garden soil contains bacteria which can spoil beans.

2 **HOW TO BLANCH FRESH BEANS** Put one quart of beans into wire basket or cloth bag and put into 1 gallon (4 qts.) of boiling water for 3 minutes. Cover blancher to save heat and energy and keep water boiling. Keep heat on "high". Start timing beans as soon as they are put into boiling water.

3 Put blanched beans into **ice** water for 3 minutes to prevent a "cooked" taste.

4 Drain beans well. Extra water will freeze in large chunks or crystals and push against beans in the freezer container to cause vegetable cells to break down and become soft and mushy.



SELECT A PROCESS

5

a

spread beans in a single layer on a cookie sheet and place in freezer for about half an hour. The beans will freeze faster this way. When the beans are firm, put into clean freezer boxes, jars or plastic freezer bags which may be sealed or "tied" to be air-tight.

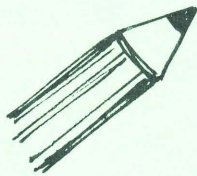
OR

5

b

put drained beans immediately into air-tight containers leaving half-inch of "head-space" for beans to expand

6



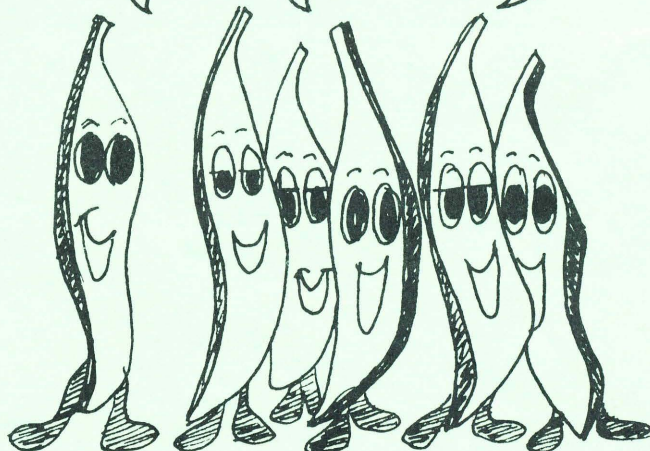
Label the containers with product name and date



BEANS ...

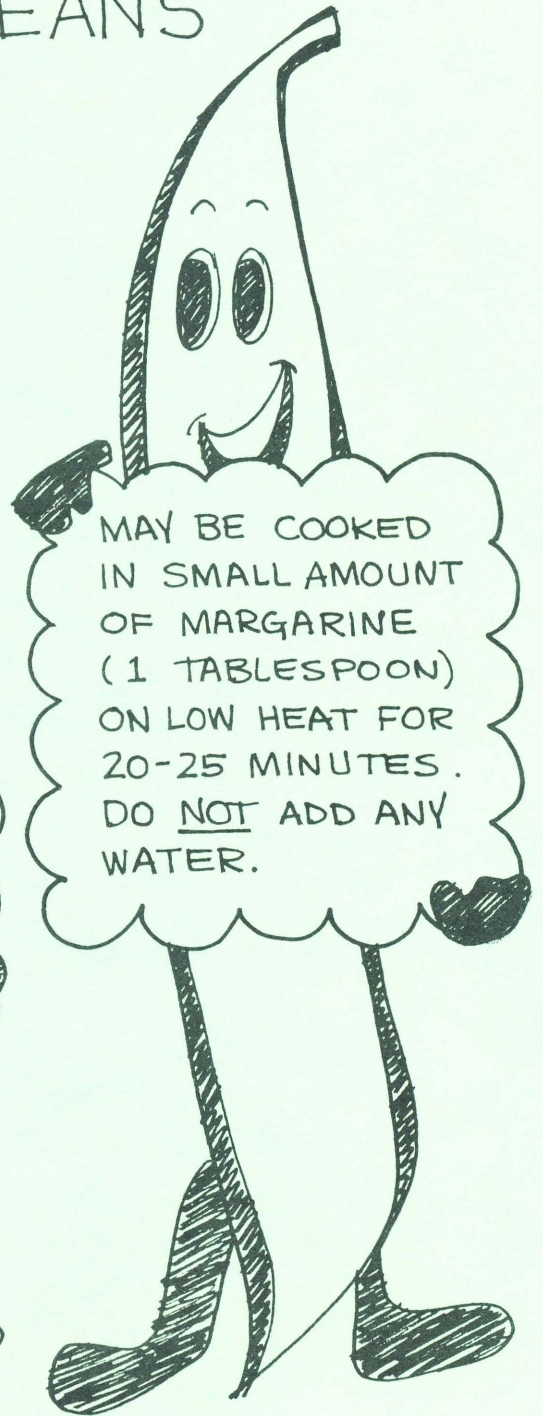
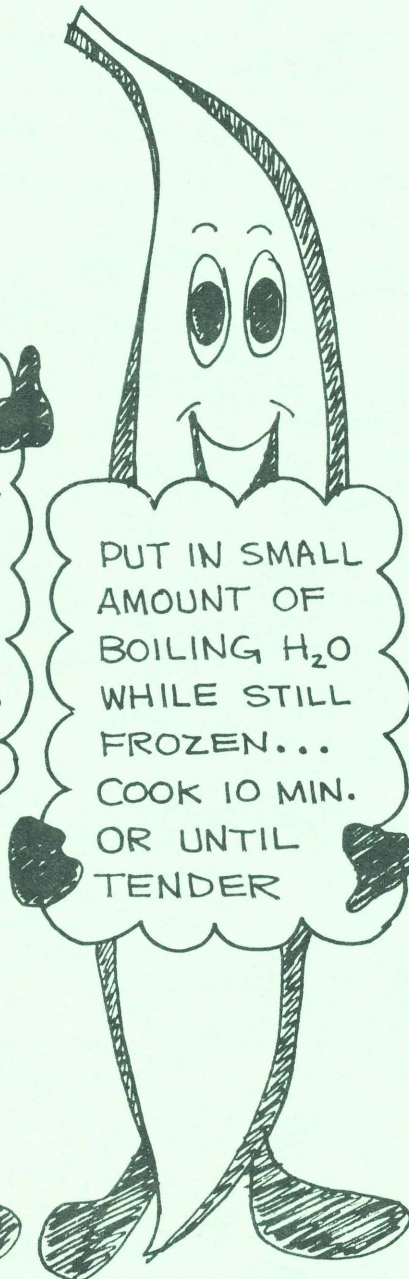
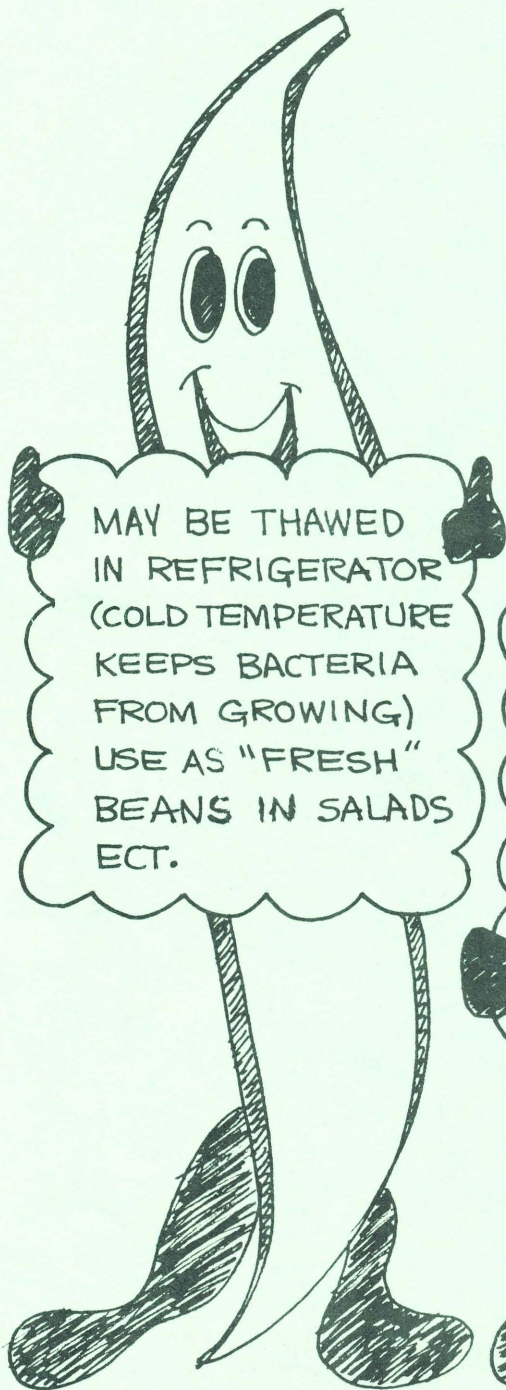
AS WELL AS MOST OTHER VEGETABLES, IF KEPT LONGER THAN 10 MONTHS, WILL LOSE QUALITY. HOWEVER, THEY WILL STILL BE SAFE TO USE!

We can be frozen up to **10** months!



HOW TO USE FROZEN

"FRESH" BEANS



MICHIGAN STATE UNIVERSITY



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