



Blanching and Freezing Greens

Supplies – Freezer bags, tongs or slotted spoon, cooling rack, saucepan, cutting board, knife

Prep – Set up a station near your stovetop including cutting board, large bowl for chopped, raw greens, a cooling rack with a towel underneath to drain and dry blanched greens.

Process:

1. Bring a saucepan of water to boil on the stovetop.
2. Meanwhile, rinse the fresh greens if desired, shake off excess water.
3. Remove the leaves from the stems (for collards and kale).
4. Chop the leaves (and stems for the other greens)
5. Once the water is boiling, put a handful of chopped greens into the boiling water and let sit for 20-30 seconds, or until they turn a brighter shade of green.
6. Remove and spread out on the cooling rack to drip dry and cool.
7. Put in bags for freezing.
8. Label with type of greens and date.

