



Vegetable Freeze-drying Guide

	Blanch or Cook	No Blanch Needed	Additional Information
Asparagus	✓		Can also grill this. Great as a snack
Beans	✓		Cook or use canned beans. Variety of beans to choose from.
Bell Peppers		✓	Deseed then slice, & dice.
Beets	✓		Blanch, peel, slice, & freeze dry.
Broccoli	✓		Cut into smaller pieces.
Brussel Sprouts	✓		Blanch or cook.
Cabbage		✓	Cut into smaller pieces.
Carrots	✓		Best blanched. Slice, diced, or grated.
Cauliflower	✓	✓	Blanch it or not, good both ways. For cauliflower rice, pulse florets into granules.
Celery		✓	No blanching needed, just chop or slice into small pieces.
Corn	✓		Quick blanch
Eggplant		✓	Cut into thin slices, or small pieces.
Garlic*		✓	Slice it or use jarred & drain juice. Can be made into powder.
Green Beans	✓		Blanching is best but you can use cooked green beans.

(*) Freeze-dry by themselves. Clean freeze-dryer with soapy water after use.

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Herbs		✓	Parsley, mint, oregano, cilantro, & other herbs.
Jicama		✓	Peel and dice up small. This would be great seasoned and eaten as a snack.
Kale & Leafy Greens		✓	Blanch or do raw. Remove the woody stems. Great powdered.
Mushrooms		✓	Slice, diced, & good raw or reconstituted. Recommended rinsing before FD.
Ocra		✓	Dice, or slice. Great for soups.
Onions		✓	Peel, dice, & FD. If wanting caramelized onions, make sure to freezer before FD.
Parsnips	✓		Slice or chop into medium to small sizes.
Peas	✓		Quick blanch
Peppers, Hot*	✓	✓	Cut & seed peppers. Char & peel or raw.
Potatoes	✓		Blanch or fully cooked.
Rutabagas	✓		Blanch and slice or dice into medium to small sizes.
Tomatoes		✓	Slice, dice, or crush larger tomatoes. Smaller cherry tomatoes cut in half.
Sweet Potatoes	✓		Blanched can be sliced up to make chips. Cooked can be cut into chunks or mash.
Tomatillos	✓	✓	Can be raw, cut down into wedges or sliced. Or cook or roast and remove skin
Turnips	✓		Best if blanched. Slice, diced, or shredded.
Squashes	✓		Best cooked or branched. Chucks, sliced or grated.
Yams	✓		Blanched can be sliced up to make chips. Cooked can be cut into chunks or mash.

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