

# Vegetable Freeze-drying Guide

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

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

	Blanch or Cook	No Blanch Needed	Additional Information
<b>Herbs</b>		✓	Parsley, mint, oregano, cilantro, & other herbs.
<b>Jicama</b>		✓	Peel and dice up small. This would be great seasoned and eaten as a snack.
<b>Kale &amp; Leafy Greens</b>		✓	Blanch or do raw. Remove the woody stems. Great powdered.
<b>Mushrooms</b>		✓	Slice, diced, & good raw or reconstituted. Recommended rinsing before FD.
<b>Ocra</b>		✓	Dice, or slice. Great for soups.
<b>Onions</b>		✓	Peel, dice, & FD. If wanting caramelized onions, make sure to freezer before FD.
<b>Parsnips</b>	✓		Slice or chop into medium to small sizes.
<b>Peas</b>	✓		Quick blanch
<b>Peppers, Hot*</b>	✓	✓	Cut & seed peppers. Char & peel or raw.
<b>Potatoes</b>	✓		Blanch or fully cooked.
<b>Rutabagas</b>	✓		Blanch and slice or dice into medium to small sizes.
<b>Tomatoes</b>		✓	Slice, dice, or crush larger tomatoes. Smaller cherry tomatoes cut in half.
<b>Sweet Potatoes</b>	✓		Blanched can be sliced up to make chips. Cooked can be cut into chunks or mash.
<b>Tomatillos</b>	✓	✓	Can be raw, cut down into wedges or sliced. Or cook or roast and remove skin
<b>Turnips</b>	✓		Best if blanched. Slice, diced, or shredded.
<b>Squashes</b>	✓		Best cooked or branched. Chucks, sliced or grated.
<b>Yams</b>	✓		Blanched can be sliced up to make chips. Cooked can be cut into chunks or mash.

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