

VEGETABLE BLANCHING TIME CHART

VEGETABLE	MINS.
Artichoke: Globe (hearts)	7
Artichoke: Jerusalem	3 - 5
Asparagus	2 - 4
Beans: Green, Wax, or Snap	3
Beans: Pinto, Butter, or Lima	2 - 4
Beets	Cook
Broccoli	3
Brussels Sprouts	3 - 5
Cabbage (shredded)	1.5
Carrots	Small - 5 Diced or sliced - 2
Cauliflower	3
Celery	3
Corn	On the cob - 7 - 11 Whole kernel - 4
Eggplant	4
Greens	Collards - 3 All other - 2
Kohlrabi	1 - 3
Mushrooms	Steamed - 3 - 5
Okra	3 - 4

VEGETABLE	MINS.
Onions	3 - 7
Peas with edible pod	1.5 - 3
Peas: Field (blackeye)	2
Peas: Green	1.5
Peppers: Sweet	Halves - 3 Strips or rings - 2
Potatoes	3 - 5
Pumpkin	Cook
Rutabagas	3
Soybeans: Green	5
Squash: Chayote	2
Squash: Summer	3
Squash: Winter	Cook
Sweet Potatoes	Cook
Turnips or Parsnips	Cubed - 2

Deliberately Here
 HELPING YOU NAVIGATE A FRUGAL & FULFILLING LIFE 