



# SFC's Veggie Guide: Blanching and Freezing Winter Squash

This step by step guide works for your favorite winter squashes including Butternut, Acorn, and Kabocha squash.



## Items You'll Need:

Cutting Board  
Chopping Knife  
Peeling Knife  
Regular Table Spoon  
Fork  
Ladle/Slatted Spoon  
Spatula  
Baking Tray Lined with Parchment Paper  
Quart Sized Pot and Lid  
Iodized Salt  
Collander (for draining water)  
Ice  
Large Bowl  
Aluminum Foil  
Freezer Bags  
Permanent Marker  
And most importantly, a squash of your choice!

## Directions:

### 1. Prepare Your Squash:

First, take your squash and remove the skin. The outer skin is typically tough and not pleasant to eat. Use a sharp knife to cut off the top and bottom bulbs of the squash, then use a Y-shaped peeler or the knife to carefully peel away the skin then chop the raw squash into equal-sized pieces.

### 2. Blanch It:

Next, you need to gently boil your squash pieces in salted boiling water for around 5 minutes until the edges are soft and easy to break up with a fork. You don't want to cook the squash all the way through. Place the squash into ice-cold water to stop the cooking and to decrease temperature. Drain from the water then pat dry with paper towels.

### 3. Flash Freeze:

Place the squash onto a baking sheet and ensure no pieces are touching one another. Cover the tray in foil or cling film and then place in the freezer overnight.

### 4. Final Freeze:

Once frozen, remove the tray from the freezer then place the frozen squash bites into a freezer bag or airtight container and place back into the freezer.

Congrats! You've successfully stored your winter squash!

## Tips and Tricks:

To make peeling easier, you can microwave the squash for 30 seconds before you start to soften up the outer skin.

Once frozen squash will last up to 9 months in the freezer, make sure to label your freezer bag with the date before the final freeze.

Squash can be cooked from frozen, and will boil in 7-9 minutes or bake in 20-30 minutes.

Squash cannot be refrozen once it's defrosted, it will lose its taste and texture.