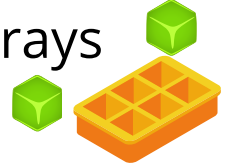




6 Ways to Preserve Vegetables in Ice Cube Trays or for a larger portion use a Muffin Tray



1. Green Cubes

Freeze greens to add later to soups, stews, casseroles, smoothies.

Method 1: **Blanch**. Blanching greens is recommended to stop enzymatic activity for a longer freezer lifespan. If you have a history of kidney stones and are concerned about oxalates, blanching oxalate rich leafy greens (dandelion, spinach, swiss chard and beet greens) will reduce the oxalate content.

To blanch prepare a large pot of boiling water. Place your greens in a strainer, work in batches. Dip into the boiling water 2 min. Rinse with cold water to stop the cooking. Drain & pack in muffin tins.

Method 2: **Make a paste**. Blend raw greens with water and freeze puree in cube trays.

Method 3 (No Cubes): **Flash freeze**. Line a large baking sheet with parchment paper and spread the greens in a single layer. Freeze for 2 - 3 hours until solid. Transfer to freezer bag or container.)

3. Cocktail Cubes

Freeze: strawberry slices in champagne (serve in orange juice); freshly juiced cucumbers, lime, and mint; edible flowers; celery leaves in lemon juice; watermelon puree (serve in ice tea).

4. Savory Cubes

Freeze: sautéed mushrooms, minced garlic (put in tray, cover with olive or coconut oil), mashed roasted garlic, or caramelized onions

5. Chopped Herb Cubes

Place freshly chopped herbs like basil, parsley, chives, or oregano in freezer tray and cover with water or olive oil (try cilantro in lime juice). Add to soups or grains. Pre-made pesto also freezes well.

6. Baby Food Servings

Purée large batches of cooked winter squash, sweet potatoes, beet greens, carrots, turnips, broccoli, sweet peppers, green beans or peas.

- 1 standard tray section holds @ 1 ounce or 2 Tbs.
- Silicone trays make it easier to pop cubes out to transfer to a freezer bag.
- Muffin trays hold about 1/2 cup serving of greens.