



Garden Freezer Meals

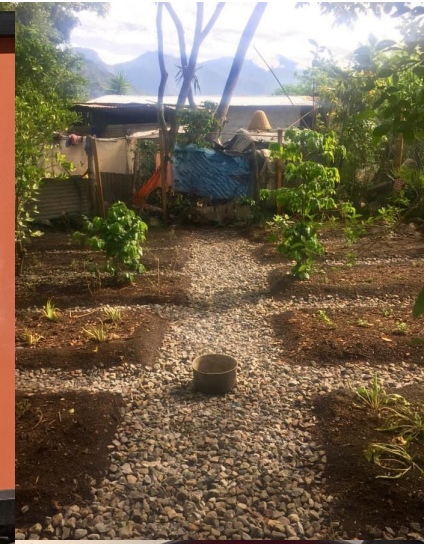
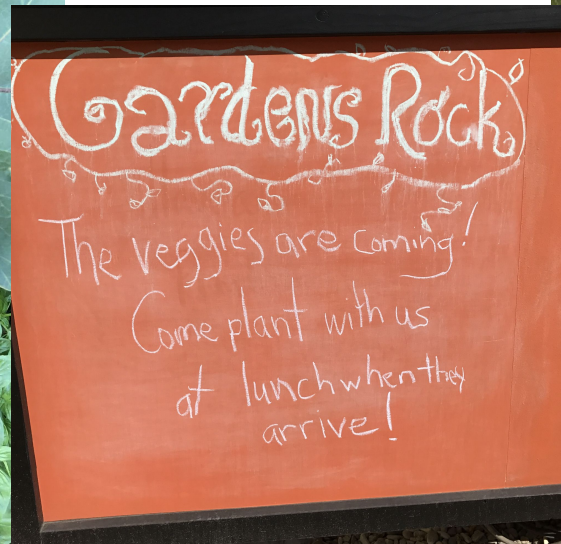
UPMC Health Coach Health Plan Class



UPMC HEALTH PLAN

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Sweet Memories Attached to Sweet Foods



Different Ways of Preserving Garden Produce

- Canning
- Pickling
- Freezing
- Drying
- Jams & Jellies



Check out the **Phipps Culinary Arts** page for cooking classes on pickling, preserving garden produce, and more!

A screenshot of the Phipps website. The header features the Phipps logo (a green leaf design) and the name "PHIPPS". Navigation links include "Buy Tickets", "Plan Your Event", "Membership", "Shop", and "Donate". A search bar is also present. The main content area lists various events and classes, including "Everything You Need to Know About Sourdough!", "Weeknight Indian at Home", "Fermented Beverages: Kombucha and Water Kefir", "Zero Waste Cooking Series", "Vegetarian Indian Summer", "Salt Brines and Pickles", "Preserving the Season: Tomatoes", and "Spices 101". The right sidebar contains sections for "FOR CHILDREN" (Virtual Summer Camps, Discovery Programs, For Scouts, For Homeschoolers, Phipps Kids Plant Club) and "FOR EDUCATORS" (Field Trips and School Outreach, Phipps-to-Pre-School Outreach, The Fairchild Challenge, High School Internships, Educational Advisory Committee). At the bottom, there is a "FOR COMMUNITIES" section (Let's Move Pittsburgh, Homegrown, Sustainable Landcare Services) and a "Detailed Listings" link.



Does it Freeze Well?



Cucumber and lettuce become waterlogged and soggy when frozen

Does it Freeze Well?



Raw potatoes become mushy, browned and grainy after defrosting. Only freeze blanched or mashed potatoes with fat source for the best texture.

Does it Freeze Well?



Summer squash, like crookneck and zucchini, freeze well if blanched or shredded. They will be mushy when defrosted so plan on incorporating these veggies into dishes like casseroles or breads!

Does it Freeze Well?

YES, BUT...



Peaches and apples freeze well but should be soaked in a lemon juice bath first to prevent browning

Freezing Fruits

1. Wash and peel, pit, cut or slice fruits within **24 hours of harvest**
2. Peaches, apples, pears and apricots darken quickly when exposed to air and during freezing. Treat with **lemon juice** or **ascorbic acid** before freezing
3. Syrup, sugar or dry packing



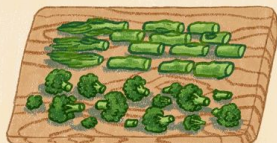
Freezing Veggies

1. Wash and chop/trim vegetables to freeze within **24 hours of harvest**
2. Blanch vegetables to prevent flavor and color changes

How To Blanch Vegetables



Bring a large pot of water to a boil



Chopped washed vegetables into 1/8 to 1/2 inch pieces



Drop the vegetables into boiling water (blanching time varies by vegetable)



Drain in colander



Immediately transfer to large bowl of ice water or run under very cold water



Drain again before dehydrating

Vegetable blanching times (water blanching)

Vegetable		Blanching in boiling water (minutes)	Blanching in steam (minutes)
Asparagus	Small stalk	2	3
Asparagus	Medium stalk	3	5
Asparagus	Large stalk	4	6
Beans - snap, green or wax		3	5
Beans - lima, butter or pinto	Small	2	3
Beans - lima, butter or pinto	Medium	3	5
Beans - lima, butter or pinto	Large	4	6
Broccoli - flowerets	1 1/2 inches across	3	5
Brussels	Small heads	3	5

Vegetable Blanching Chart:

<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>

Foods that Don't Freeze Well

Produce: cabbage, celery, endive, radishes, lettuce, potatoes

Grains: cooked pasta (spaghetti especially) amaranth, teff

Proteins: Cooked egg whites

Dairy: Milk/cream sauces, soft cheeses, sour cream

Other: Mayonnaise, fried foods



Foods that Do Freeze Well

Produce: berries, broccoli, cauliflower, beans, kale, collards, squash, eggplant, corn, brussels sprouts, tomatoes, and more!

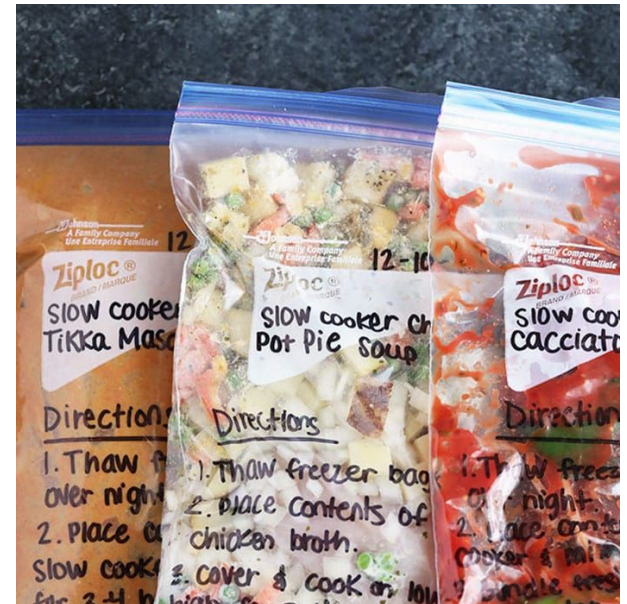
Grains: **barley**, buckwheat, millet, quinoa, rye, bulgur wheat, farro, breads, rice , dough

Proteins: scrambled eggs, meat (fish, poultry, red meat), tofu, beans, tempeh

Dairy: Hard cheeses, butter

Other: Nuts, herbs, pasta sauce

*Soups, stews, curries,
chilis, and stir-fries are
all excellent freezer
meal options*



Food Safety and Storage Tips

Safe Containers: Gallon-sized freezer safe bags, mason jars, glass meal prep containers, reusable silicone bags, muffin tins

Label Freezer Foods: Recipe name, date, any added instructions

Leftovers: Freeze leftovers within 3-4 days. Do not refreeze any foods left outside the refrigerator longer than 2 hours; 1 hour in temperatures above 90 °F.



Food Safety and Storage Tips



Proper Cooling of Food

- Food must cool from 135°F to 70°F in two hours
- Food must finish cooling to 41°F within a total of six hours
- Shallow pan method, size reduction, and ice bath are all safe ways to cool food

Proper Thawing of Food:

- Do not thaw food at room temperature
- Refrigerator, cold water, and microwave thawing are all safe options

Food Demo: Garden Eggplant and Tomato Stew

Garden Fresh Eggplant and Tomato Stew

Prep time: 10 minutes Cooking time: 50 minutes Servings: 4

Ingredients:

- 1 large eggplant, 1 inch cubes
- 1 large yellow onion
- 4 cups roma tomatoes, chopped
- 3 cloves garlic
- 1 15 oz can chickpeas, drained
- 1 Tbsp smoked paprika
- 1/2 tsp salt
- 1 Tbsp maple syrup
- 1 Tbsp cumin
- 2 Tbsp olive oil
- 1/2 cup vegetable broth
- 1 TBSP sriracha (or more)
- Cilantro and lemon for topping (optional)

Directions:

1. Preheat oven to 425 F and grease baking sheet.
2. Add diced eggplant, drizzle with olive oil and sprinkle with salt. Toss and roast for 30 minutes. For even cooking, flip eggplant at 15 minute mark.
3. While eggplant is roasting, heat large rimmed pot over medium. Add oil and onions. Sauté for 5 minutes, or until soft and slightly brown.
4. Add garlic, cumin, and smoked paprika. Cook for 1 minute.
5. Add chopped tomatoes and veggie broth. Cover and simmer over medium for 5 minutes.
6. Add chickpeas, maple syrup, harissa paste and stir. Remove eggplant from oven and add to pot. Cover and cook for 10 more minutes.
7. Serve with brown rice, farro, or grain of choice! Top with cilantro and a fresh squeeze of lemon.
8. Freezes well for 3 months. Check out this [list of freezer friendly storage containers](#).

Nutrition Facts

Servings: 4	
Amount per serving	
Calories	293
	% Daily Value*
Total Fat 11.7g	18%
Saturated Fat 1.5g	8%
Cholesterol 3mg	1%
Sodium 654mg	28%
Total Carbohydrate 43.5g	16%
Dietary Fiber 11.8g	42%
Total Sugars 14g	
Protein 8.1g	
Vitamin D 0mcg	0%
Calcium 62mg	7%
Iron 4mg	20%
Potassium 930mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

