

Vegetable Blanching Times

Minutes	Vegetable
7	Artichoke-Globe (hearts)
4	Artichoke-Jerusalem
2-4	Asparagus (depending on stalk size)
3	Beans-Snap, Green, or Wax
3	Beans-Lima, Butter or Pinto
3	Broccoli
3-5	Brussel Sprouts (depending on size)
	Carrots
5	Small
2	Diced or sliced
3	Cauliflower
3	Celery
	Corn on the Cob
7	sm
9	med
11	lg
4	Whole kernel or cream style - blanch before cutting off cob.
4	Eggplant
2	Greens
2	Peas-Edible pod
2	Peas-Blackeye
1	Peas-Green
3-5	Potatoes
1-2	Tomatoes
2	Turnips or Parsnips (cubes)
3	Zucchini (and summer squash) Sliced