Clinton County Eats:  
Local Food in the North Country

Freezing the Harvest

Freezing is an easy way to store local foods, like tomatoes and beans for the winter, likely with supplies you already have in your home and with relatively little time or effort.

Try roasting tomatoes and freezing for marinara base.

Choose vegetables that are fresh and free of blemishes or rot.
Some things to try are: broccoli and cauliflower florets, green beans, and peas.

Selecting

Cooking

Most vegetables should be partially cooked if storing for an extended time to ensure a high quality product.
Blanching vegetables by placing them in boiling water for a few minutes and immediately cooling them in an ice bath will keep vegetables bright and slightly crisp.

Freezing

• For a loose pack vegetable, like you’d find bagged in the grocery store, freeze cooled, drained pieces on a wax paper lined baking sheet for an hour then store in a freezer safe container.
• For products that you will use all at once, like cooked pureed squash, leave a small headspace for expansion as the food freezes.

Freeze roasted pureed squash to add to soups, baked goods and mixed dishes.

Want more ideas for finding and using local food? Have insights you’d like to share?
Contact CCE-Clinton County at 518-561-7450 or at blogs.cornell.edu/clintoncountyeats or via our facebook page.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and Provides equal program and employment opportunities.