

Preserving Zucchini

Ways to preserve zucchini end of the season: freezing and zucchini flour

Freezing Grated Zucchini

Ingredients

1. Lots of zucchini!
2. Butter or oil
3. Salt and pepper
4. Dried or fresh herbs (optional)

Tips

Only use produce that is in peak condition.

Wash thoroughly before grating

Discard produce that is bruised, moldy, etc.

Tools

1. Box grater or food processor with grater
2. attachment
3. Vegetable steamer
4. Pan for cooking zucchini butter
5. Storage containers
6. Measuring cup and spoons

Step 1: Grate zucchini

- Start with washed, good quality zucchini
- Use box grater or food processor with a grater attachment.

Step 2: Blanching

Two methods: boiling water or steam blanching

- Blanch vegetables before freezing halts enzyme activity which causes loss of flavor, color and texture.
- Cleans the surface, brightens the color and slows loss of vitamins.
- Wilts vegetables and makes them easier to pack.
- Steam blanch grated zucchini at least 3 inches above rapidly boiling water
- Steam in multiple batches of thin layers.
- Steam for 1-3 minutes, until translucent

Step 3: Pack zucchini

- Use freezer bags or hard sided containers designed for freezing
- Label all containers
- Leave ½ headspace for water expansion when freezing

Step 4: Cool zucchini and freeze

- Cool zucchini container in an ice water bath before freezing.
- Then, freeze!

Freezing Zucchini Butter

What is zucchini butter?

- Slow-cooked grated zucchini with a little bit of fat (olive oil or butter or both) and optionally, hard or soft herbs.
- Cook until most water evaporates, the zucchini has shrunk in volume, and is silky and spreadable. Delicious!
- Spread on bread or crackers, toss it with pasta for an easy dinner, or spread it on the base of a galette, pizza, or savory tart.

Why freeze zucchini butter?

- Squash is a low acid vegetable and so cannot be boiling water canned without additional acid (like pickling.)
- But freezing is safe! (And easy)

Step 1: Grate zucchini

- Start with washed, good quality zucchini
- Use box grater or food processor with a grater attachment.

Step 2: Cook zucchini butter

- See Resources for recipe

Step 3: Pack zucchini butter

- Use freezer bags or hard sided containers designed for freezing
- Label all containers

- Leave ½ headspace for water expansion when freezing

“Our Recommendation.” *There are no safe, tested recommendations for pressure canning plain zucchini and other summer squash.*

Step 4: Cool zucchini butter and freeze

- Cool zucchini container in an ice water bath before freezing.
- Then, freeze!



Resources

The primary presentation resource is the
“Fundamentals of Consumer Food Safety
and Preservation Master Handbook”(ISBN
978-2-62711-021-1)

[UC Master Food Preserver Program](#)

[Ask a Master Food Preserver hotline](#)

Resources for Freezing Zucchini

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