

How to Freeze Cauliflower

Calling all cauliflower fans! If you're wondering, "can you freeze cauliflower?" the answer is...yes! Freezing cauliflower is as simple as can be! Before we begin, the FDA recommends washing vegetables under cold running water before preparation. Follow these quick and easy steps for freezing cauliflower:



1. *Blanch it!* Place washed, cut florets into boiling water for 3 minutes. Then plunge into ice water for 3 minutes.



2. *Dry it!* Once cool, thoroughly drain and dry cauliflower.



3. *Pack it!* Pack dried cauliflower into a freezer safe bag such as a Glad® [Flex'n Seal™ Freezer Gallon Bag](#) (with stretch to fit almost a third more in the bag*!)
**vs similar size Glad® standard food bags*



4. *Freeze it!* Remove as much air as possible from bag and place in freezer.



Complete these simple steps and you can *caul* it a day!

How long is cauliflower good for? When frozen according to these directions, enjoy for 8-12 months!

How to Store Cauliflower in the Refrigerator

Storing our favorite cruciferous vegetable is a breeze! Here's how:

The first step to storing cauliflower is to carefully wash the vegetable under cold running water. Thoroughly dry the cauliflower then remove and discard the stem. Next, cut the head into individual florets. The cauliflower should be placed into a plastic bag like a Glad® [Flex'n Seal™ Food Storage Gallon Bag](#). Put your bag in the refrigerator and you're good to go!

How long does cauliflower last in the fridge? If stored properly, cauliflower can be enjoyed within 1 week!



For food safety, always clean your hands and surfaces before and after handling food. Remember to keep the refrigerator temperature at or below 40° F (4° C). The freezer temperature should be 0° F (-18° C).