Preparation – Select firm, young, tender stalks with compact heads. Remove leaves and woody portions. Separate heads into convenient-size sections and immerse in brine (4 teaspoons salt to 1 gallon water) for 30 minutes to remove insects. Split lengthwise so flowerets are no more than 1 1/2 inches across.\n

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Water blanch 3 minutes in boiling water or steam blanch 5 minutes.\n

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Cool promptly, drain and package, leaving no headspace. Seal and freeze.\n