Preparation\n

Choose young squash with tender skin. Wash and cut in 1/2-inch slices. Water blanch 3 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.\n

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Grated Zucchini (for Baking)\n

Choose young tender zucchini. Wash and grate. Steam blanch in small quantities 1 to 2 minutes until translucent. Pack in measured amounts into containers, leaving 1/2-inch headspace. Cool by placing the containers in cold water. Seal and freeze.\n

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If watery when thawed, discard the liquid before using the zucchini.\n