

Preserving Summer Squash

(Zucchini & Yellow Squash)

Freezing vs Pickling & Water Bath Canning

Freezing

✓ Easy

✓ Excellent

Preparation Options:

- ✓ Sliced squash
- ✓ Diced squash
- ✓ Shredded squash
- ✓ Zucchini halves or chunks

Advantages:

- ✓ Best overall preservation method for plain summer squash
- ✓ Excellent flavor retention
- ✓ Flexible batch sizes
- ✓ Ideal for baking, cooking, and casseroles
- ✓ No canner required

Disadvantages:

- ✗ Texture softens after thawing
- ✗ Not suitable for fresh eating after freezing
- ✗ Requires freezer space
- ✗ Requires electricity
- ✗ Must blanch slices and chunks (shredded optional depending on use)

Storage life: 8–12 months for best quality



Pickling & Water Bath Canning

✓ Easy to Moderate

✓ Excellent

Preparation Options:

- ✓ Squash slices
- ✓ Squash spears
- ✓ Squash chunks
- ✓ Relish

Advantages:

- ✓ Shelf stable for 1–3+ years
- ✓ No electricity required
- ✓ Retains good texture when pickled
- ✓ Excellent flavor preservation
- ✓ Ideal long-term storage method
- ✓ Safe water bath canning method when properly acidified

Disadvantages:

- ✗ Requires vinegar brine
- ✗ Flavor changes due to pickling
- ✗ Requires jars and processing

Storage life: 1–3+ years shelf stable
Best quality within 12–18 months.



Overall Preservation Rating

Freezing ✓ Excellent | Pickling ✓ Excellent

Both freezing and pickling & water bath canning are excellent ways to preserve summer squash, providing options for flavor, texture, side dishes and