









## Freezing vegetables—continued

<b>Onions</b>	Select fully mature onions. Peel, wash, and chop. Blanch 1½ minutes. Cool. May also be frozen unblanched.
<b>Peas—edible pod</b>	Select young, tender pods. Wash. Remove stems, blossom ends, and any strings. Blanch small pods 1 minute, large pods 1½ to 2 minutes. Cool.
<b>Peas—green</b>	Select bright green, plump, firm pods. Shell. Blanch 1½ to 2 minutes. Cool.
<b>Peppers—sweet (green)</b>	Select firm, crisp peppers. Wash, cut out stem, and remove seeds. Halve, slice, or dice. Blanch halved peppers 3 minutes; sliced or diced 2 minutes. Cool. May also be frozen unblanched.
<b>Peppers—hot (green chile)</b>	Select firm, smooth peppers. Wash and dry. Broil for 6 to 8 minutes to loosen skin. (First make small slit in each to allow steam to escape.) Cool. Remove peel, seeds, and stems before or after freezing. Protect hands with rubber gloves.
<b>Potatoes</b>	Wash, pare; remove deep eyes, bruises, and green surface coloring. Cut in ¼- to ½-inch cubes. Blanch 5 minutes. Cool. <i>For french fries:</i> Pare and cut in thin strips. Fry in deep fat until light brown. Drain and cool. To serve, bake at 400°F for 10 to 20 minutes.
<b>Potatoes—sweet</b>	Select medium to large sweet potatoes. Wash and cook until almost tender. Peel, cut in halves, slice, or mash. To prevent browning, dip 5 seconds in a solution of 1 tablespoon citric acid or ½ cup lemon juice to 1 quart of water. To keep mashed sweet potatoes from darkening, mix 2 tablespoons orange or lemon juice with each quart of mashed sweet potatoes.
<b>Pumpkin</b>	<b>Also other winter squash.</b> Select full-color, mature pumpkin. Cut or break into fairly uniform pieces. Remove seeds. Bake at 350°F or steam until tender. Cool, scoop pulp from rind, and mash or put through ricer.
<b>Spinach</b>	<b>Also other greens.</b> Select young, tender leaves. Remove tough stems. Wash. Blanch most leafy greens 2 minutes. Blanch collards and stem portions of Swiss chard 3 to 4 minutes. Blanch very tender spinach 1½ minutes. Cool.
<b>Tomatoes</b>	Best frozen stewed or puréed. Select ripe tomatoes free from blemishes. Remove stem ends, peel, and quarter. Cook until tender. Cool by setting pan in cold water.
<b>Zucchini</b>	<b>Also other summer squash.</b> Select young squash with small seeds and tender rind. Wash and slice. Blanch ¼-inch slices 3 minutes; 1½-inch slices 6 minutes. Cool.

**Store at 0°F (-18°C) for top quality**

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