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# Freezing

## Fruits and Vegetables for Family Meals

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# Table of Contents

For Satisfaction From Your	
Frozen Fruits and Vegetables .....	3
What Fruits and Vegetables to Freeze .....	4
Containers .....	5
How to Freeze Fruits .....	6
How to Freeze Vegetables .....	9
Thawing and Using Frozen Fruits .....	11

# Freezing Fruits and Vegetables for Family Meals

## FOR SATISFACTION FROM YOUR FROZEN FRUITS AND VEGETABLES:

- **Plan** your food preservation program early in the year.
- **Plant or Buy** recommended varieties of vegetables and fruits for freezing or use a variety you know will freeze well.
- **Have** adequate packaging material on hand early. It pays to use high quality packaging materials.
- **Freeze** garden-fresh vegetables at best eating stage. Freeze tree or vine ripened fruit of best quality.
- **Handle** foods quickly, and in small amounts at a time, so there will be little delay from garden to freezer.
- **Follow** up-to-date directions. Make sure all blanched vegetables are chilled thoroughly before packaging.
- **Put** just enough for one meal into each package. Pack foods tightly to exclude as much air as possible.
- **Allow** as little delay as possible between packaging and freezing.
- **Freeze** package quickly and store at 0° F., or lower.
- **Keep** a record of the food you put in and take out of the freezer or locker.
- **Use** your frozen food while it is still in excellent condition. All foods lose some quality in storage.

With frozen fruits and vegetables, you can have the fresh flavor and bright color of out-of-season foods the year around. Freezing is the easiest and quickest way to preserve fruits and vegetables for family meals. Frozen foods look, taste, and are, more like the fresh foods than foods preserved by any other method. Too, frozen fruits and vegetables are ready to serve on short notice because most of the preparation is done before freezing.

Freezing and holding the frozen fruits and vegetables are more expensive than canning or other methods of food preservation. Costs of owning and operating a 12 cubic foot home food freezer may be expected to range from 10 to 25¢ a lb. of frozen food. On a pound basis, the freezing costs decrease as the quantity of food frozen is increased. These cost estimates are based on electricity used, cost of packaging materials, repairs, and average freezer cost, distributed over 12 years. Not only will the storage cost per pound be less if there is a rapid turnover, but the food quality probably will be better. All foods lose some quality in storage. This loss will vary with different foods, the packaging, and the storage temperature.

Good management of freezer space requires experience and thought. You will need to plan ahead to keep the food freezer or locker full all the time and still use out of it continuously. In your plan, include a production and processing schedule, a guide for using the foods, and a place to record them as you take them out. To estimate how much to freeze, consider how often you plan to serve each food and over what length of time. Thirty packages of any one product should be enough to serve once a week for one person from October to May.

The following table will help you estimate the amount of frozen food you can get from a given amount of the fresh fruit or vegetables purchased or picked. These facts will help in making cost comparisons. The actual number of pints of frozen food you will get will depend on the quality, variety, maturity, and size, of the fruit or vegetable and how it is trimmed and cut.

peas, or beans, will provide 4 average servings.

### PACKAGING

Food and the sirup should feel cold (60° F. or lower) before being packed into containers. Having the material cold helps retain the natural color, flavor, and texture, of the vegetable and fruit. It speeds up freezing. To exclude most of the air, pack food tight and press air out of the unfilled part of bag. Don't fill packages too full. They won't stack well in the freezer and they may slip around. Foods and the liquids expand in freezing. Allow head space between packed food and closure: ½ inch for dry pack; ½ inch for pints of liquid pack if wide top opening; and ¾ inch if opening is narrow; 1 inch for quarts with wide top opening, and 1½ inches if top opening is narrow. Keep sealing edges free from moisture or food so the package can be sealed perfectly. Seal and label plainly, giving date and type of pack. Gummed labels, colored tape, crayons, pens, and stamps, are made for labeling frozen food packages.

### PLACING FOOD IN THE FREEZER

Freeze fruits and vegetables at 0°F., or below, as soon as possible after packaging. Put no more food into the freezer than will freeze solid in 24 hours—about 2 to 3 lbs. per cubic foot of freezer

space. Overloading or freezing too slowly may cause food to lose quality. Place package against freezing plates or cores and leave space between packages so air can circulate freely. After freezing the packages may be stacked to save space. Keep storage temperature at 0° F. or below.

### STORAGE TEMPERATURE

A common cause of loss of quality in frozen foods is storage at too high a temperature. A storage temperature of 0° F., or lower, is needed to maintain the best quality in frozen foods. At freezing temperature, above 0° F., chemical changes, rather than the growth of micro-organisms, cause foods to lose color, flavor, characteristic texture, and nutritive value. As the temperature rises above 0°, these chemical reactions speed up rapidly and the damages are accumulative.

With a thermometer, check the temperature of the freezer or locker where the frozen food is stored. If possible, regulate the temperature control to maintain 0° F. at the warmest spot. If it isn't possible to maintain 0° F., or lower, reduce the holding period. Fluctuating storage temperature pulls moisture out of the food and if the food is well packaged this moisture is deposited on the food as ice crystals.

To protect the quality of your frozen food "Keep it cold enough and use it soon enough".

## *How to Freeze Fruits*

### GENERAL DIRECTIONS

Select fruit that is fully ripe but still firm. Wash in cold water. Handle delicate fruits, as berries, in small quantities to avoid bruising. Lift the fruit out of the water and drain thoroughly. Prepare fruit for freezing in about the same way as for serving. Slicing aids packaging and makes it easy to use good parts of less than perfect fruit. Ripe fruits are suitable for a crushed or pureed pack.

Prepare enough fruit for only a few containers at a time (2 or 3 quarts). Do not use galvanized ware in direct contact with fruit, because the acid in fruit dissolves the poisonous zinc. Metallic off-

flavors, and darkening, may result from iron or copper utensils and from chipped enamel or tin ware that is not well tinned. If you weigh fruit, use 1½ to 1½ lb. for a quart of prepared fruit.

### To Add Sugar

Adding sugar, dry, or in the form of sirup, will help retain the color, form and flavor of the fruit. Unless the fruit is to be served without sugar, as to a diabetic, it is preferable to add some sugar to the fruit before freezing. Rhubarb, gooseberries, and cranberries, are exceptions. How much sugar to add

will depend on individual taste. Too much sugar will prevent the fruit from freezing solid.

How the fruit is to be used determines in what form the sugar is added. Dry sugar is usually best for most cooking purposes because there is less liquid. A sirup is generally best for fruit for dessert use.

A 40% sirup (3 cup sugar and 4 cups water) is preferable for most fruits. A 30% (2 c. sugar and 4 c. water) sirup may be desirable for mild flavored fruits to prevent covering up their flavor. Use 50% (4 c. sugar and 4 c. water) for sour fruits.

Dissolve the sugar in hot or cold water and chill. It is usually preferable to make up the sirup the day before and keep it in the refrigerator. It takes  $\frac{1}{2}$  to  $\frac{3}{8}$  cup of sirup for a pint package of fruit. Slice the fruit directly into the cold sirup. All the fruit should be covered with the sirup. Pieces not covered may discolor or lose flavor. A piece of crumpled water-resistant locker paper may be placed on top, before closing the container, to keep fruit under the sirup.

Sprinkle the dry sugar over the prepared fruit and gently mix with a large spoon or pancake turner until sugar is dissolved and some juice is drawn out. Pour into container and add a piece of crumpled water resistant wrapping material just before sealing to hold fruit down in the juice.

If some non-caloric sweetener is used instead of sugar, add it directly to the liquid or cut fruit.

### To Keep Fruit from Turning Dark

The cut surface of light colored fruits—peaches, apples, bananas, etc.—turns dark soon after being cut. Ascorbic acid (vitamin C) is very effective in preserving the natural color and flavor of fruit. It also adds nutritive value, although it adds to the expense of the product. Ascorbic acid can be obtained in tablet form (25,50 or 100 mg.), but for freezing, the crystallized or powdered form is preferable. Usually, the tablets are harder to dissolve and more expensive than the powder.

1 teaspoon of powdered ascorbic acid weighs about 3 grams. Thus, there are approximately 8 teaspoons in a 25 gram container. Ascorbic acid is available in crystals or powder form at drugstores and some locker plants.

Dissolve the ascorbic acid in a little cold water and add to the cold sirup just before using. Stir in gently so you won't lose it by stirring in air. If dry

sugar is used, sprinkle the dissolved ascorbic acid over the cut fruit just before adding the sugar. In fruit juice, crushed fruit, and fruit purees, add acid directly to the fruit and stir just enough to mix.

Commercial anti-darkening preparations are on the market; if you use one of those, follow the manufacturers' directions.

Lemon juice, which contains both ascorbic acid and citric acid, may well be used to prevent darkening with some fruits. The amount needed, however, would give a sour flavor which might be objectionable to some people.

With some fruits, as apple slices, steaming a few minutes before packaging will prevent browning. Blanching in boiling sirup for 1 to 3 minutes is satisfactory for some fruits. The heat destroys, or inactivates, the enzyme which causes the color to change and it wilts the fruit. This facilitates packing.

### SPECIFIC DIRECTIONS FOR FREEZING FRUITS

*Apple-Summer (Transparent, Lodi, and Duchess)* are best for applesauce. Wash, remove the area around the stem and the blossom, and cut in 8ths or thinner slices. To each quart of apple slices add about  $\frac{1}{2}$  cup of water and cook until tender. Put through a strainer, ricer or mill, and add sugar to taste ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup sugar for each quart of sauce). Cool, package, leaving head space. Label and freeze.

*Apples—Fall (Jonathan, Rome Beauty, Stayman, and Grimes Golden)* freeze well for pies.

Wash, pare, core, and slice in  $\frac{1}{2}$ " thick slices. To firm, hold slices 5 to 20 minutes, in a solution made from 1 teaspoon calcium chloride, or 2 tablespoons calcium lactate, to each quart of water. The softer the apples, the longer the time. Place slices in a single layer in a steamer and steam  $1\frac{1}{2}$  to 3 minutes depending on thickness of slice. Over each quart of apples, sprinkle evenly  $\frac{1}{2}$  cup sugar and stir. Press apples into containers. Leave head space. Seal, label, and freeze.

*Blackberries, Raspberries, Dewberries, Loganberries and Youngberries*—Select firm, plump, fully ripe, berries with glossy skins. Green berries may cause off-flavor. Sort, wash, and drain.

*Sirup pack* for berries to be served uncooked. Pack berries into containers and cover with cold 40 or 50 percent sirup depending on sweetness of the fruit. Leave head space. Add crumbled freezer paper to hold fruit under sirup. Seal, label, and freeze.

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*Sirup pack* for berries to be served uncooked. Pack berries into containers and cover with cold 40 or 50 percent sirup depending on sweetness of the fruit. Leave head space. Add crumpled freezer paper to hold fruit under sirup. Seal, label, and freeze.

**Sugar pack** for pie, cobbler and jam. To 1 quart berries, add  $\frac{3}{4}$  cup sugar. Turn berries over and over until most of the sugar is dissolved. Fill containers, leaving head space. Seal, label, and freeze.

**Crush** or put through a strainer, ricer, or mill, for toppings. To each quart of puree, add 1 cup of sugar. Stir until sugar is dissolved. Cool, pack into containers, seal, label, and freezer.

**Cherries**—Select bright-red, tree-ripened, cherries. Stem, sort, and wash. Drain and remove pits if desired.

**Sirup pack**—pack cherries into containers and cover with a cold 40 or 50% sirup depending on tartness of the cherries. Leave head space. Seal, label, and freeze.

**Sugar pack**—to 1 quart cherries add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup sugar. Mix until sugar is dissolved. Pack into containers, leaving head space. Seal, label, and freeze.

**Cranberries**—Stem, sort, wash and drain. Pack berries into containers without sugar. Seal, label, and freeze.

**Gooseberries**—Sort, remove stems and blossom ends, wash, and pack. Pack into containers without sugar. Seal, label, and freeze.

**Grapefruit-Oranges**—Wash, peel, and divide, fruit into sections or slice, removing all membranes and seeds. For grapefruit with many seeds, cut fruit in half, remove seeds, and cut or spoon out sections. Pack into containers. Cover with cold 40% sirup, made with excess fruit juice and water if needed. For better quality, add  $\frac{1}{2}$  teaspoon ascorbic acid to a quart of sirup. Leave head space. Seal, label, and freeze. Citrus fruit juices are excellent frozen, but they keep their fresh quality for only 2 or 3 months.

**Melons (Cantaloupe, Crenshaw, Honeydew, Persian, Watermelon)**—Select firm-fleshed, well-colored, ripe melons. Cut in half, remove seeds, and peel. Cut the melons into slices, cubes, or balls. Pack into containers and cover with cold 30% sirup. Leave head space. Seal, label, and freeze.

**Peaches**—Select firm, ripe peaches with no green color. Sort, wash, pit, and peel. Slice if desired.

**Sirup pack**—Slice directly into a cold 40% sirup, starting with  $\frac{1}{2}$  cup sirup to a pint container. For a better quality product, add  $\frac{1}{2}$  teaspoon ascor-

bic acid for each quart of sirup. Press fruit down and add sirup to cover, leaving head space. Add crumpled freezer paper to hold fruit under the sirup. Seal, label, and freeze.

**Sugar pack**—To each quart of prepared fruit, add  $\frac{3}{8}$  cup sugar and mix well. To retard darkening, sprinkle ascorbic acid dissolved in water over the peaches before adding sugar. Use  $\frac{1}{4}$  teaspoon ascorbic acid in  $\frac{1}{4}$  cup cold water to each quart of fruit. Pack into containers, leaving head space. Add crumpled freezer paper to hold fruit under the sirup. Seal, label, and freeze.

**Pineapple**—Select firm, ripe pineapple with full flavor and aroma. Pare and remove core and eyes. Slice, dice, or cut, the pineapple into wedges or sticks. Pack fruit tightly into containers, cover with 30% sirup made with pineapple juice or with water. Leave head space. Seal, label, and freeze.

**Rhubarb (Canada Red, McDonald, Ruby)**—Choose firm, tender, well-colored, stalks with good flavor and few fibers. Wash, trim, leave long, or cut into 1- or 2-inch pieces.

Heating rhubarb in boiling water for 1 minute and cooling promptly in cold water helps retain color and flavor. Pack raw or preheated rhubarb tightly into containers without sugar, or cover with a cold 40% sirup. Leave head space. Seal, label, and freeze.

**Strawberries**—Whole—Choose firm, ripe, red berries. Tart ones that are red all the way through are preferable. Most berries, and especially large ones, are better sliced. Sort berries, wash them in cold water, drain well, remove hulls.

**Sirup pack**—Put berries into containers and cover with cold 50% sirup, leaving head space. Add crumpled freezer paper to hold fruit under the sirup. Seal, label, and freeze.

**Sugar pack**—Add  $\frac{3}{4}$  cup sugar to 1 quart strawberries and mix thoroughly. Put into containers, leaving head space. Seal and freeze.

**Sliced or Crushed**—Prepare for packing as for whole strawberries; then slice, or crush partially, or completely, as desired. To 1 quart (1  $\frac{1}{2}$  pounds) cut berries, add  $\frac{3}{4}$  cup sugar and mix thoroughly. Pack into containers, leaving head space. Seal, label, and freeze.



heads. Break or cut into pieces about 1 inch across. Wash, blanch in boiling water containing 4 teaspoons of salt to a gallon of water for 3 minutes. Cool, drain, and package, leaving no head space. Seal, label, and freeze.

**Okra**—Select young tender, green pods. Wash thoroughly, cut off stems, but do not cut open seed cells.

Blanch small pods 3 minutes and larger pods 4 minutes. Cool, drain, and package, whole or sliced crosswise. Leave head space. Seal, label, and freeze.

**Corn—sweet**—Select ears with plump, tender, kernels and thin, sweet, milk. If the milk is thick and starchy, it is better to freeze corn as cream-style.

Husk, remove silk, wash, and blanch, for 4 minutes. Cool and drain. For whole-kernel corn, cut kernels from cob at about two-thirds the depth of the kernels. For cream-style corn, cut corn from the cob at about the center of the kernels. Scrape the cobs with the back of the knife to remove the juice and the heart of the kernel. Package, leaving head space. Seal, label, and freeze.

**Corn-on-the-Cob**: Select and prepare same as for whole-kernel sweet corn. Blanch small ears 7 minutes; medium ears 9 minutes, and large ears 11 minutes. Cool, drain, and pack ears into containers or wrap in moisture vapor-resistant material. Seal, label, and freeze.

**Kale, Mustard, Spinach and Turnip Greens**  
Select young, tender leaves. Wash well. Remove tough stems and imperfect leaves. Blanch 2 minutes. Blanch all very tender leaves only 1½ minutes.

Cool, drain, and package, leaving head space. Seal, label, and freeze.

**Peas—green**—Choose bright green, plump, firm pods but sweet, tender peas. Do not use immature, tough or light green peas.

Shell peas. Blanch 1½ minutes. Cool, drain and package leaving head space. Seal, label, and freeze.

**Pepper—green**—Green peppers frozen without heating are best for use in uncooked foods. Heated peppers are easier to pack and good for use in cooking.

Select firm, crisp, thick-walled peppers. Wash, cut out stems, cut in half and remove seeds. If desired, cut into ½-inch strips or rings or in ½" pieces.

Blanch—Halves . . . . . 3 minutes

Slices . . . . . 2 minutes

Cool, drain, and package. If peppers have been heated, leave head space. Seal, label, and freeze.

**Pimientos**—To peel, first roast pimientos in an

oven at 400° F. (hot oven) for 3 to 4 minutes. Remove charred skins by rinsing pimientos in cold water. Drain, package, seal, label, and freeze.

**Sweetpotatoes**—Choose medium to large mature sweetpotatoes that have been cured. Wash, cook until almost tender, peel, and cut in halves, slice or mash. If desired, to prevent whole or sliced sweetpotatoes from darkening, dip in a solution containing 1 tablespoon citric acid or ½ cup lemon juice to 1 quart of water for 4 seconds.

To keep mashed sweetpotatoes from darkening, mix 2 tablespoons orange or lemon juice with each quart of mashed sweetpotatoes.

Pack sweetpotatoes into containers, leaving head space. Seal, label, and freeze.

**For variety**: Roll cooked sweetpotato slices in lemon juice and sugar. Pack into containers, leaving head space. Seal, label, and freeze.

**Tomato Juice**—Wash, sort, and trim well ripened tomatoes. Put through a food chopper or simmer for 5 to 10 minutes. Press through a sieve. Package, leaving head space. Allow head space depending on the size of opening. Seal, label, and freeze.

### *Time and Temperature Effect the Quality of Frozen Foods*

Just as fresh foods lose color, flavor, texture, and nutritive value, if kept warm, so frozen foods lose quality if the temperature is not kept at 0° F., or lower. They may develop off-flavor under adverse time and temperature conditions.

A package of frozen foods may be frozen hard, but if the temperature is not 0° F., or lower, its quality is not maintained. A rise of 5 to 10 degrees in temperature between 0° and 30° F. speeds the loss of quality to from 2 to 5 times as rapid as when food is stored at 0° F.

Permitting the temperature of frozen food to rise to 25 or 30 degrees, for even 1 day, does more damage to eating quality and nutritional value, than holding it at 0° for a whole year. Once this damage occurs it cannot be corrected. The damage accumulates, too.

Above 0° F. storage temperature cause peaches to brown, strawberries to lose flavor, raspberries to lose color, and cherries to darken and have tough skins. At 30° these changes can occur in several days, at 20° F. in 2 weeks, but if kept at 0° they remain in good condition for a year or more. Frozen

heads. Break or cut into pieces about 1 inch across. Wash, blanch in boiling water containing 4 teaspoons of salt to a gallon of water for 3 minutes. Cool, drain, and package, leaving no head space. Seal, label, and freeze.

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fruit juice stored at above 0° F. temperature separates into thick and thin portions and loses flavor.

Green beans can change in color from bright green to brownish green after 3 days at 30° F. and peas will turn to a grayish green. While the storage life of different products varies, in general, each rise of 10° F. in temperature cuts the storage life of a frozen food in half.

### A GOOD FROZEN FOOD

- Is in a suitable container
- Fills the container without bulging or breaking the seal
- Contains no large amount of ice crystals
- Has a bright characteristic color
- Is fresh looking—not dried
- Has pieces of uniform size and shape
- Has a characteristic flavor—not off flavored or lacking in flavor

## Thawing and Using Frozen Fruits

Thawing is one of the most important, but probably the most neglected, steps in controlling the quality of frozen fruits. It should be thawed in the sealed container. Turn it several times for more even thawing. Allow 5 to 6 hours for thawing a pint package on a refrigerator shelf, 2 to 3 hours at room temperature, and  $\frac{1}{3}$  to  $\frac{3}{4}$  hour thawing in running cold water. Fruit packed with dry sugar thaws a little faster than when packed in sirup. The choice of method for thawing is usually determined by the time you have for thawing. The most uniform thawing is done in the refrigerator.

Frozen juices may be placed in warm water for 5 or 10 minutes to melt the juice near the sides of the can. Remove juice from the can, add needed water and stir until juice is melted and blended. Pouring the juice from one can to another usually improves the flavor.

Serve the fruit as soon as it is thawed. A few ice crystals in the fruit improve the texture for serving raw, but you have more flavor if it is completely thawed.

Do not open the package until you are ready to use the fruit. The fruit begins to lose color and flavor when it comes in contact with the air. Thaw only as much as you need at one time. If you have left-over thawed fruit, heat it to near boiling, cool, and refrigerate. Heating will slow or destroy the activity of the enzymes which would cause the fruit to discolor.

If the fruit is to be cooked, thaw until pieces can be loosened and then cook as you would fresh

fruit. If the recipe calls for sugar, allow for the amount added before freezing. A frozen fruit usually has more juice than when fresh. In baked products use only part of the juice or add thickening for the extra juice.

Frozen fruits, crushed purees and juices are excellent for making jams and jellies. Pectin is usually added to cut cooking time and save flavor and color.

Use crushed fruit and purees as raw fruit. Crushed fruit is excellent as a topping for ice cream or cakes or as a filling for sweet rolls. Thawed purees are good in puddings, ice cream, sherbets, ripple cakes, and fruit filled coffee cakes.

### USING FROZEN VEGETABLES

Proper taste and tenderness are two important considerations in preparing frozen vegetables. In general, cook frozen vegetables in the same way you cook fresh ones, but reduce the cooking time to  $\frac{1}{2}$  or  $\frac{2}{3}$  of that recommended for the corresponding fresh vegetable. Frozen vegetables have been partially cooked before freezing. Freezing also softens the tissue.

Cook only the amount of vegetable your family will eat at one meal. Holding a cooked vegetable or reheating it for any length of time results in loss of quality and of vitamin C. One pint of a frozen vegetable usually yields 4 servings.

Studies show that the handling and cooking methods which keep nutritive values best in frozen vegetables also make the vegetable most palatable.

Vegetables retain more of their garden-fresh

flavor and color if the cooking process is started while the vegetables are still frozen. However, broccoli and asparagus heat more evenly if thawed just enough to break apart before being put in boiling water. Corn-on-the-cob should be thawed before cooking, so that the cob will be heated through by the time the corn is cooked. Holding corn after thawing or cooking causes sogginess. Spinach and other greens will cook more uniformly and have better texture if the frozen block is cut in 1 inch cubes before heating.

Cook the frozen vegetables in a flat bottomed, shallow, saucepan that has straight sides and a well fitted lid. Use only enough water to provide steam and to prevent burning. One half cup of water and  $\frac{1}{2}$  teaspoon of salt is sufficient for a pint package of most frozen vegetables. You may be able to cook with no extra water if you melt fat, add the vegetables, and cook gently in a tightly covered pan. For uniform cooking, gently separate the pieces of vegetables after they have heated enough to begin to separate. Cook vegetables gently and only to the tender, but firm, stage. The exact time will vary with the size of pieces, variety, and stage of maturity—even as it does with the fresh vegetables. Season simply. Butter or cream tastes good with all vegetables. Serve the vegetables as soon as they are done. They lose quality if they have to wait.

**Cooking in a Pressure Sauce Pan**—Thaw vegetables enough so they can be easily broken apart. Place  $\frac{1}{2}$  cup of water and  $\frac{1}{2}$  teaspoon of salt in pressure saucepan and heat just to boiling. Add vegetables and fasten the cover. Heat to 15 lbs. pressure. Cook asparagus, cauliflower, snap beans, whole kernel corn, and peas,  $\frac{1}{2}$  minute. Spinach and broc-

coli  $\frac{3}{4}$  minute, lima beans 2 minutes, and corn on the cob  $2\frac{1}{2}$  to 3 minutes. Time the cooking vegetables carefully and bring the pressure down as quickly as possible. Season and serve immediately.

**Baking**—Many frozen vegetables may be baked in a covered container. Thaw enough to separate pieces, place in greased baking pan. Add seasoning as desired, cover and bake until tender. The time varies with the vegetables, and size of pieces, and how much they are thawed before baking. It usually requires around 45 minutes in a  $350^{\circ}$  oven. Corn on the cob should be thawed first, then brushed with butter, salted and put in a  $400^{\circ}$  oven about 20 minutes. The heat of the oven dries the corn so it is less water soaked than when cooked by other methods.

### OTHER WAYS TO PREPARE FROZEN VEGETABLES

Vegetables that are cooked until tender, before freezing, need only to be heated and seasoned before serving. Leftover cooked frozen vegetables may be creamed, scalloped, served au gratin, or used in salads, soups or souffles.

Frozen mashed sweetpotatoes or squash are good heated in the top part of a double boiler. Start with cold water in the bottom part of the double boiler and the vegetables will be less likely to stick. It will take 30 to 40 minutes for the vegetable to become steaming hot. Cut corn is good cooked in milk in the top of the double boiler.

A frozen package of fruit or vegetables can be cut, repackaged, and kept frozen, for several days in the freezing compartment of the refrigerator.

