



COOKING INSTRUCTIONS FOR PRODUCE

BROCCOLI

Rinse broccoli. Cut off leaves and trim the stem. Slice broccoli from buds to stem into bite-sized pieces.

Stove Top

Put about ½ inch of water in pot. Add broccoli. Cover and heat to boiling. Cook about 10 minutes or until stems are tender.

Microwave

Put cut broccoli into microwave dish with ¼ cup water. Cover. Cook 6-7 minutes.

BEETS

Cut off all but 2 inches of beet tops and trim roots. Wash beets and leave whole.

Stove Top

Fill pot half full of water. Add beets and 1 t. salt. Cover and heat to boiling. Cook about 30-40 minutes or until tender. Drain. Run cold water over beets and slip off skins.

Microwave

Slice beets. Put beets into microwave dish with ¼ cup water. Cool 10-12 minutes.

BRUSSELS SPROUTS

Remove any discolored leaves. Cut off stem ends. Wash sprouts.

Stove Top

Put about 1 inch of water in pot to boiling. Add Brussels sprouts. Cover and heat to boiling and cook 8-10 minutes or until tender. Drain.

Microwave

Put Brussels sprouts into microwave dish with ¼ cup. Cover. Cook 8-10 minutes.

CABBAGE (RED OR GREEN)

Discard outside leaves. Wash. Cut into wedges or shred and remove core.

Stove Top

Put about 1 inch water into a pot. Add cabbage. Cover. Boil 10-12 minutes. Drain.

Microwave

Put cabbage into microwave dish with ¼ cup water. Cover. Cook 6-8 minutes.

CAULIFLOWER

Remove outer green leaves and stalk. Cut off any discoloration on flowerets. Wash cauliflower. Cut into separate flowerets or bite-size pieces.

Stove Top

Put about 1 inch water into a pot. Add cauliflower. Cover. Heat to boiling and cook about 10 minutes. Drain.

Microwave

Put cauliflower into a microwave dish with ¼ cup water. Cover. Cook 7-8 minutes.

COLLARDS

Remove imperfect spots on leaves. Wash collards several times in water to remove any soil on leaves. Drain.

Stove Top

Place collards with water that clings to the leaves in a saucepan. Add ½ cup more water. Cover and cook about 10 minutes.

Microwave

Place collards with water that clings to the leaves in a microwave dish. Cover and cook 7-8 minutes.

KALE

Remove imperfect spots on leaves. Wash kale several times in water to remove any dirt on leaves. Drain.

Stove Top

Place kale with water that clings to the leaves in a saucepan. Add ½ cup more water. Cover and cook about 15-20 minutes.

Microwave

Place kale with water that clings to the leaves in a microwave dish. Cover and cook 10-12 minutes.

MUSTARD GREENS

Remove imperfect spots on leaves. Wash greens several times in water to remove any dirt on leaves. Drain.

Stove Top

Place greens with water that clings to the leaves in a saucepan. Add ½ cup more water. Cover and cook about 10-15 minutes.

Microwave

Place greens with water that clings to the leaves in a microwave dish. Cover and cook 7-8 minutes.

SPINACH

Remove imperfect spots on leaves. Wash spinach several times in water to remove any dirt on leaves. Drain.

Stove Top

Place spinach with water that clings to the leaves in a saucepan. Add ½ cup more water. Cover and cook about 5-8 minutes.

Microwave

Place spinach with water that clings to the leaves in a microwave dish. Cover and cook 3-4 minutes.

SWISS CHARD

Remove imperfect spots on leaves. Wash Swiss chard several times in water to remove any dirt on leaves. Drain.

Stove Top

Place Swiss chard with water that clings to the leaves in a saucepan. Add ½ cup more water. Cover and cook about 10-15 minutes.

Microwave

Place Swiss chard with water that clings to the leaves in a microwave dish. Cover and cook 7-8 minutes.

BEET TOPS

Cut green tops from beets. Remove imperfect spots on leaves. Wash beet tops several times in water to remove any dirt on leaves. Drain.

Stove Top

Place beet tops with water that clings to the leaves in a saucepan. Add ½ cup more water. Cover and cook about 5-10 minutes.

Microwave

Place beet tops with water that clings to the leaves in a microwave dish. Cover and cook 3-4 minutes.

GREEN BEANS

Wash beans and remove ends either by cutting or snapping them off. Cut beans into bite-size pieces or leave whole.

Stove Top

Put about 1 inch water into pot. Add beans. Cover and boil until tender—about 10-12 minutes. Drain.

Microwave

Place cut green beans into microwave dish with ¼ cup water. Cover and cook 7-8 minutes.

EGGPLANT

Cut: Wash eggplant. Pare off the peel. Cut into 1 inch cubes.

Whole: Wash eggplant. Pierce the skin with a knife in several places.

Stove Top

Put about 1-2 inches of water into pot. Add cut eggplant. Cover and boil 5-8 minutes until tender.

Microwave

Cut: Place cut eggplant into microwave dish with ¼ cup water. Cover and cook 4-6 minutes.

Whole: Place whole eggplant into microwave. Cook about 7-9 minutes.

OKRA

Wash okra. Remove ends and cut okra into ½ inch slices.

Stove Top

Put 1 inch water into pot. Add okra. Cover and heat to boiling. Cook about 10 minutes or until tender.

Microwave

Place cut okra into microwave dish with ¼ cup water. Cover. Cook 5-7 minutes.

PEAS

Shell and wash peas just before cooking.

Stove Top

Put 1 inch water into pot. Add peas. Cook uncovered 5 minutes. Then cover and cook 4-6 minutes.

Microwave

Place peas in a microwave dish with ¼ cup water. Cover and cook 4-6 minutes.

SNOW PEAS & SUGAR-SNAP PEAS

May be eaten raw in salads, in stir-fry, or cooked. Eat pod and peas. Wash. Remove stem.

Stove Top

Put ½ inch water into pot. Add pea pods. Cook uncovered about 3 minutes.

Microwave

Place pea pods into microwave dish with ¼ cup water. Cover and cook 3 min.

ZUCCHINI

Wash zucchini. Cut off both ends. Slice zucchini into ½ inch slices or cubes.

Stove Top

Put 1 inch water into pot. Add zucchini. Cover and cook about 10-12 minutes.

Microwave

Place zucchini into microwave dish with ¼ cup water. Cover and cook 6-8 min.

Stir-fry

Put 1 tablespoon margarine, butter, OR oil into a fry pan. Add sliced zucchini and heat on medium-high heat for about 3 minutes, stirring frequently.

YELLOW SQUASH

Wash yellow squash. Cut off both ends. Slice yellow squash into ½ inch slices or cubes.

Stove Top

Put 1 inch water into pot. Add yellow squash. Cover and cook about 10-12 minutes.

Microwave

Place yellow squash into microwave dish with ¼ cup water. Cover and cook 6-8 min.

Stir-fry

Put 1 tablespoon margarine, butter, OR oil into a fry pan. Add sliced yellow squash and heat on medium-high heat for about 3 minutes, stirring frequently.

PATTYPAN AND SCALLOPED SQUASH

Wash squash. Cut off both ends. Slice squash into ½ inch slices or cubes.

Stove Top

Put 1 inch water into pot. Add squash. Cover and boil about 10-12 minutes.

Microwave

Place squash into microwave dish with ¼ cup water. Cover and cook 6-8 min.

Stir-fry

Put 1 tablespoon margarine, butter, OR oil into a fry pan. Add sliced squash and heat on medium-high heat for about 3 minutes, stirring frequently.

SWEET POTATOES

Wash sweet potatoes.

Stove Top

Peel sweet potatoes. Cut into large chunks. Put sweet potatoes into pot. Add enough water to cover the sweet potatoes. Cover and boil about 30 minutes or until tender. Drain. Eat in chunks or mashed.

Microwave

Pierce skin of sweet potato in several places. Put whole sweet potato into microwave. Cook about 10-14 minutes depending on size. Slice in half & serve.

Oven

Preheat oven to 400 degrees. Bake sweet potato for 40-60 minutes, depending on size.

BUTTERNUT SQUASH, HUBBARD SQUASH, ACORN SQUASH

Wash squash.

Stove Top

Cut squash into 4 pieces. Put about 2 inches water into pot. Add squash. Cover and boil for about 15-20 minutes or until tender. Drain.

Microwave

Pierce skin of squash. Place whole squash into microwave. Cook 6-12 minutes depending upon size. Slice in half and serve or remove skin and mash.

Oven

Cut squash in half or into serving pieces. Place squash in a baking dish. Add ½ cup water to dish. Cover with foil and bake at 400 for about 30 minutes.

KOHLRABI

Trim off ends and vine-like stems. Wash kohlrabi and pare. Cut into ¼ inch slices or 1 inch cubes.

Stove Top

Put about 1 inch of water into pot. Add kohlrabi. Heat to boiling and cook for 25 minutes. Drain.

Microwave

Put cut kohlrabi in a microwave dish with ¼ cup water. Cover. Cook about 12 minutes.