

# COVID-19 Supplement To the Greenstone Gazette

Nottingham Presbyterian Church PC (USA) 497 W.  
Christine Road  
Nottingham, PA 19362-9760

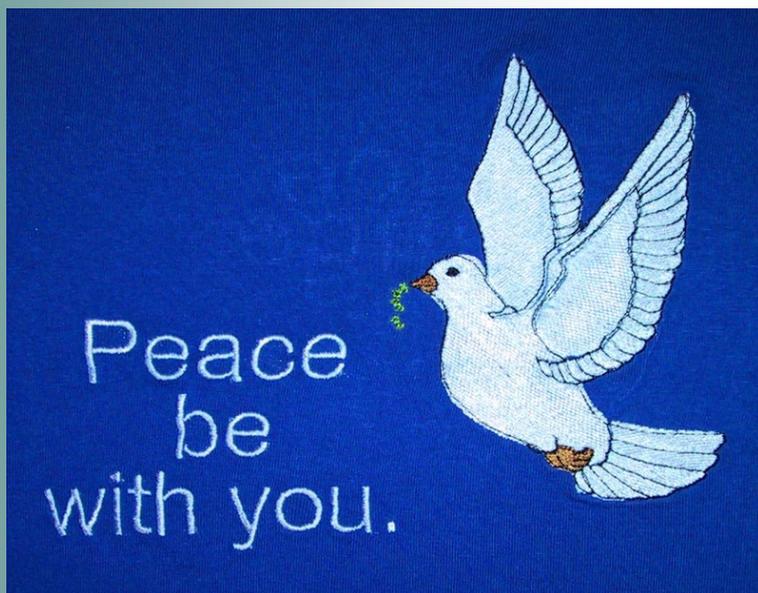
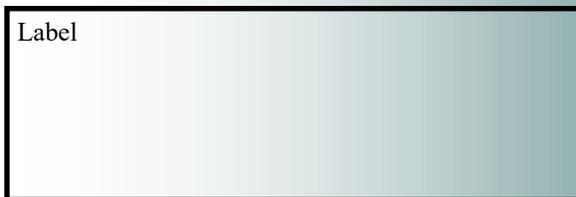
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## COVID-19 Supplement

Phone: 610-932-0556

E-mail: [office4npc@gmail.com](mailto:office4npc@gmail.com)

Website: [www.nottinghampc.org](http://www.nottinghampc.org)



This has turned INTO A BOOK. **PLEASE READ PAGES 2-3!** The rest of the book can be used as a reference during this time and later.

The ORIGINAL purpose of this supplement is to give you information about COVID-19 and how to keep yourself and your family safe.

I found many valuable resources to help with limiting grocery shopping and staying physically isolated.

Feel free to share this with friends, family, coworkers!

#Stay Home, Stay Safe - Nina Hansen

Deacons and Elders have been in touch with our Church Family. Please let them or Pastor Merritt know if you need anything during this time of physical distancing.

**Session (our Ruling Elders):** Jean Bender, Donna Davis, Jerry Jackson, Jim Lewis, Nina Hansen, Becky Reiber,

**Deacons:** Brian Dewees, Chris Dolinger, Dar Gray, Eric Hansen, Connie Lewis, Dave Pohlig, Chris Ulrich

**Covid-19 has drastically changed the way we shop for groceries, down to the way we put our food away when we get home. Here are some strategies for shopping in the age of coronavirus**

MATT BEAN AND HUGH GARVEY – March 31, 2020

Germaphobe or not, though, you shouldn't be leaving the house if you can avoid it these days. The ease with which the coronavirus can be transmitted and its ability to linger on smooth surfaces both add several complicating factors to any excursion. The one "necessary" trip we all seem to be making now, however, is a run to the supermarket.

## The New Shopping Rules

### Don't Go

Seriously. This is the most important rule you can heed. There should be no more quick runs. Every time you come to a central gathering place you are at risk of contracting or spreading the virus, no matter how careful you might be.

### Go When It's Slow

The fewer people around you, the less risk of transmission. I'm not talking the early mornings, which have been reserved for seniors. I'm talking a half hour after the senior hour has closed and the second wave of early birds have cleared out; weekdays other than Friday; and anytime other than peak "we need dinner" hours.

### Plan Your Route

Write your shopping list by department: fresh vegetables, dairy, dry and canned goods, condiments. Check off each item in that category before moving on to the next department. Now is not the time to be doubling back and forth across the store. More time inside is more time exposed. Don't browse, linger, or relax, get in and get out.

### Buy in Bulk

Your area might not be hit hard yet—but according to health experts, it will be. You might not want to come back in a week for more rice, or butter, or milk.

### Know What You Can Freeze

Milk and bread can be frozen, dumplings will last you months.

### Be Aisle Smart

If everyone's crowding around the eggs, think about coming back that way after the swarm has dissipated.

### Don't Let It Piggyback

The virus can jump between "things," not just hands. So if your credit card is swiped, or **your** bucket of lettuce touches the conveyor belt—consider it a "hot" item. If you just slipped that card back into your wallet, maybe the wallet or the adjacent cards need to be sanitized, too. Reusable grocery bags should be considered dirty after use; plastic bags should be thrown out

### Disinfect Early and Often

Make liberal use of disinfectant wipes being handed out at supermarkets.

## Be Thankful

Be courteous, but cautious with grocery employees. They're risking their lives just to help you eat. Acknowledge that. From a safe distance, obviously.

**AT HOME – even with delivery....**

## Make a DIY Airlock

Think of your home as a spaceship, and set up an airlock so nothing unsanitary gets into the sterile part of your home. Sanitize in your entryway. Executive editor Hugh Garvey has a checklist I've adopted, and my ever-vigilant dad sent me this [guide to sanitizing groceries](#), which helps also.

## Airlock Checklist

### Park It

Designate a neutral spot in your kitchen. When you get home from the store, place all your bags in one spot (I place them on the floor midway between the sink and the counter; But, you ask, isn't the floor dirty? Yes it is. And so are your bags!) This is your airlock. Nothing you bought at the store touches anything else or goes into the cupboard for fridge until it's been cleaned. You're already cleaning cabinet knobs along with every touch point in your house at least once a day already, right? Use Clorox wipes on all boxes, jars, and packages.

### Clean It

Place cleaned packages on the counter. Transfer produce out of bags into colanders in the sink and give them a good rinse and dry. Covid-19 dies rapidly on organic and porous surfaces so no need to break out the bleach solution here.

Discard produce bags and transfer your veggies to the crisper, bowls, or reusable cloth produce bags.

Once you're done cleaning boxes, jars, and rinsing produce, wash your hands thoroughly.

### Store It

Groceries and hands clean, it's finally safe to put away your haul.

## Now Clean Backwards

Retrace your steps and reset your house and car:

Return your bags to the trunk of your car for a time-out. Remember they've been touched by you, the checkout clerk, and possibly the bagger, and they've also lingered on the conveyor belt along with everybody else's bag. The presumed survival time of the virus on porous surfaces is less than a day, so the bags should be clean-ish by the time you use them again if you're only going to the grocery store once a week.

Clean the car trunk handle, your door handle, and all touchpoints in the car including the parking brake, stereo controls, nav screen, and seat belt.

Clean your front door knob, your inside door knob and lock, your kitchen faucet, your house and car keys, airpod case, glasses, and that node of all nodes: your iPhone.

Wash your hands thoroughly again.

And that's how we shop for groceries these days!

## Emergency Substitutions

Equivalence is based on how product functions in recipe, not on sweetness.

### **Cake flour**

Amount: 1 cup cake flour (109 g)

Substitution: 1 cup (125 g) all-purpose flour minus 2 tablespoons

### **Baking powder**

Amount: 1 teaspoon baking powder

Substitution:  $\frac{1}{4}$  teaspoon baking soda plus  $\frac{1}{2}$  teaspoon cream of tartar

### **Active dry yeast**

Amount: 1 package ( $1\frac{3}{4}$  teaspoons) active dry yeast

Substitution: 1 compressed yeast cake, crumbled

### **Cornstarch (used for thickening)**

Amount: 1 teaspoon cornstarch

Substitution: 2 tablespoons all-purpose flour

### **Buttermilk or sour milk**

Amount: 1 cup (240 ml) buttermilk or sour milk

Substitutions: 1 cup (240 ml) plain yogurt or 1 tablespoon (15 ml) white vinegar or lemon juice stirred into 1 cup (240 ml) milk and allowed to stand for 5 minutes

### **Corn syrup**

Amount: 1 cup (240 ml) corn syrup

Substitution: 1 cup (200 g) granulated sugar plus  $\frac{1}{4}$  cup (60 ml) liquid

Note: Use a liquid called for in the recipe.

### **Honey**

Amount: 1 cup (240 ml) honey

Substitution:  $1\frac{1}{4}$  (250 g) granulated sugar plus  $\frac{1}{4}$  cup (60 ml) liquid.

Note: Use a liquid called for in the recipe.

### **Egg yolks (used for thickening)**

Amount: 2 egg yolks

Substitution: 1 whole egg

### **Unsweetened chocolate**

Amount: 1 square (1 oz./30g) unsweetened chocolate

Substitution: 3 tablespoons unsweetened cocoa powder plus 1 tablespoon (15 ml) melted butter or margarine

### **Semisweet baking chocolate**

Amount: 1 ounce semisweet baking chocolate

Substitution: 1 ounce unsweetened chocolate plus 1 tablespoon sugar

### **Tomatoes**

Amount: 1 can (about 1 lb./455 g) tomatoes

Substitution:  $2\frac{1}{2}$  cups (323 g) chopped, peeled, fresh tomatoes, simmered for about 10 minutes

### **Catsup or tomato-based chili sauce**

Amount: 1 cup (240 ml) catsup or tomato-based chili sauce

Substitution: 1 can (8 oz./240 ml) tomato sauce plus  $\frac{1}{2}$  cup (100 g) granulated sugar and 2 tablespoons (30 ml) white vinegar

### **Dry mustard**

Amount: 1 teaspoon dry mustard

Substitution: 1 teaspoon prepared mustard

### **Grated fresh ginger**

Amount:  $\frac{1}{2}$  teaspoon fresh ginger

Substitution:  $\frac{1}{4}$  teaspoon ground ginger

## Emergency Substitutions

### Sliced leeks

Amount: ½ cup (50 g) sliced leeks

Substitutions: ½ (80 g) sliced shallots or ½ cup (50 g) green onions

### EQUIVALENT YIELDS

#### Lemon

Amount: 1 lemon

Yield: 3 tablespoons (45 ml) lemon juice and 1 tablespoon grated peel

#### Orange

Amount: 1 medium-size orange

Yield: ⅓-½ (80-120 ml) orange juice and 2 tablespoons grated peel

#### Bell pepper

Amount: 1 medium-size bell pepper

Yield: 1 cup (150 g) chopped

#### Carrot

Amount: 1 medium-size carrot

Yield: ½ cup (65 g) chopped

#### Celery

Amount: 1 medium-size stalk celery

Yield: ½ cup (60 g) chopped

#### Garlic

Amount: 2 small cloves garlic

Yield: 1 teaspoon minced

#### Green onion (white part only)

Amount: 1 medium-size green onion

Yield: 1 tablespoon chopped

#### Onion

Amount: 1 medium-size onion

Yield: ¾-1 cup (128-170 g) chopped

#### Egg whites

Amount: 8 large egg whites

Yield: 1 cup (240 ml)

#### Semifirm/firm cheese (Cheddar, jack, Swiss)

Amount: 4 ounces semifirm/firm cheese

Yield: 1 cup (113 g) lightly packed shredded cheese

#### Hard cheese (Parmesan, Romano)

Amount: 1½ hard cheese

Yield: ½ cup (40 g) grated cheese

#### Butter or margarine

Amount: ¼ pound (1 stick) butter or margarine

Yield: ½ cup (4 oz./115 g)

#### Whipping cream

Amount: 1 cup whipping cream

Yield: 2 cups (470 ml) whipped cream

#### Granulated sugar

Amount: 1 pound granulated sugar

Yield: 2⅓ cups (470 g)

#### Brown sugar

Amount: 1 pound brown sugar

Yield: 2⅓ cups (513 g) firmly packed

**Powdered sugar**

Amount: 1 pound powdered sugar

Yield: 3¾ cups (450 g) unsifted or 4½ cups sifted

**Baking chocolate (semisweet or unsweetened)**

Amount: 1 square baking chocolate

Yield: 1 ounce (30 g)

**Walnuts or almonds**

Amount: 4 ounces walnuts or almonds

Yield: ¾-1 cup (94-125 g) chopped nuts

**Dry bread**

Amount: 1 sandwich-size slice crisp, dry bread

Yield: ¼ cup (25 g) fine crumbs

**Fresh bread**

Amount: 1 sandwich-size slice fresh bread

Yield: 1 cup (45 g) soft crumbs

**Graham crackers**

Yield: 14-16 squares graham crackers

Yield: 1 cup (85 g) crumbs

**Vanilla wafers**

Amount: 22-24 vanilla wafers

Yield: 1 cup (80 g) crumbs

**Chocolate wafers**

Amount: 18 chocolate wafers

Yield: 1 cup (125 g) crumbs

**Dry yeast**

Amount: 1 package dry yeast

Yield: 1¾ teaspoons (7 g)

From: <https://onceamonthmeals.com/blog/series/get-started/foods-that-freeze-well/>

## WHAT YOU CAN AND CANNOT FREEZE

On March 1, 2020 by Kelcey Flynn

One of the most commonly asked questions we hear is, “What are foods that freeze well?” Or, “Which foods DON’T freeze well?” We also hear, “Wow, can you really freeze THAT?” Here at Once a Month Meals we tend to make our own rules and break a few others when it comes to freezing food. We have done a lot of testing in our own kitchen to back up this list! So don’t worry. We have provided you with a few tips and tricks for items that are typically thought of as foods you should not freeze. There are a few [basic guidelines](#) to follow, but we like to twist a few of the rules when it comes to our menus. Feel free to share in the comments as well your tips and tricks for freezing! [basic guidelines here: https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/freezing-and-food-safety/CT\\_Index](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/freezing-and-food-safety/CT_Index)

### Fruits

Two for one sales on your favorite berries have you sad because you don’t know if you’ll go through them all? How about some great deals on seasonal fruits like mangoes that you want to enjoy all year without the price tag? All fruit can be frozen! Prior to freezing, wash properly, dry and divide into easy portions. This way you can just take out of the freezer what you need for a recipe without worrying about the entire bag.

If properly stored, fruit can last up to a year in your freezer. If you are going to use it in a smoothie, it can be frozen. It’s going to get blended smooth anyway so texture is not an issue. Berries of all kinds, bananas, apples, oranges, pineapple, kiwi, mango, peaches and nectarines, cherries, you name it, you can freeze it! Flash freezing is also helpful so you don’t get big chunks of fruit stuck together.

### Flash Freezing

Flash freezing for the home cook refers to the individual rapid cooling of foods to quicken the overall freezing process. By accelerating the freezing process, you preserve nutrients more effectively and prevent the food from sticking together.

An example is blueberries. To flash freeze them you simply wash the blueberries, remove any stems, dry them a bit and then place them on a cookie sheet in a single layer. Then the cookie sheet with the blueberries goes into the freezer for 10-15 minutes or until the berries are partially frozen and somewhat firm. They can then be placed immediately in a freezer bag for storage. You can also freeze them in quantity sizes you use instead of having one big bag.

### Vegetables

Stop letting those last corn cobs or tomatoes on the vine go to waste! You can freeze most vegetables! Prior to freezing, wash properly, separate if applicable, and dry. Blanching most vegetables will keep them at their peak. The Blanching pages will assist you. Dry and divide into easy portions. This way you can just take out of the freezer what you need for a recipe without worrying about the entire bag.

If properly stored, vegetables can last up to a year in your freezer. Leafy greens such as spinach, chard and kale can also be frozen. Just chop and blanch and store. You can even put them in ice cube trays for easy portions for stews and soups.

## Meats

All meats can be frozen cooked or uncooked. It is best to remove the meat from the store packaging and place it into a freezer bag or package it with your **Foodsaver** (these can be purchased at Walmart—get the cheapest model and call Nina Hansen for questions! She uses hers all the time). If you thaw the meat, you **MUST** cook the meat before refreezing. Ground beef/turkey/chicken can be found on sale in bulk often too. One of our favorite tricks is to cook the meat, then package in portions, and freeze for later use or a quick fix meal night.

## Baked Goods

Some of our favorite foods that freeze well are baked items! We recommend flash freezing most of the smaller baked items for better storage. You simply need to store them properly and you will have no problem enjoying your favorites! Even pancakes and french toast can be made ahead of time in larger batches and frozen individually for you to enjoy any day of the week. Tortillas are another item you can buy ahead of time or make and freeze. Just place parchment in between so you can easily remove them after thawing. In addition, you can freeze the batter/dough before cooking the items. Here are some items that can be frozen before ever hitting the oven:

Pizza dough – Rise, and knead according to directions. At the point you would bake, simply allow to sit in refrigerator several hours before freezing to slow the yeast and then wrap appropriately and freeze.

Pie dough – Prepare as usual, wrap and freeze. You may also choose to make the entire pie and freeze it uncooked. Simply remove from the freezer go straight to the oven (although be certain to not use a glass pie pan if doing this) and bake for 1.5 times the amount indicated.

Batter – Whether it is pancake, waffle or muffin, you can freeze it after mixing and before baking. Just put it in a freezer container, leave enough head space, etc. When you defrost just make sure to do so slowly in your refrigerator allowing enough time to properly defrost.

## Pasta

Here is another one that doesn't usually make the "foods that freeze well" list. But we have tested the rules and found them to be wrong! Yes, if you boil the pasta too long before freezing it has a tendency to turn mushy when frozen. Instead, cook the pasta al dente (basically take 2-3 minutes off the suggested cooking time). Since the pasta is slightly undercooked, it will cook a bit more when added to a dish and taste more like fresh cooked pasta. After it is cooked, drain the pasta and then douse it with cold water. This will cool the pasta off and further stop the cooking process. Now you can add it to your dish or freeze it for an evening that you just don't have an extra 15 minutes to boil pasta.

Also, we commonly freeze pasta salad. Our best suggestion for doing this is to make sure you cook the pasta al dente but that you also freeze the "dressing" or liquid ingredients separate from the pasta mix and simply mix before serving. This will keep your pasta from absorbing too much of the liquid and becoming mushy during the freezer process.

## Rice

Also an item commonly thought not to freeze well. Yes, you will sometimes find it becomes crumbly when frozen and reheated, but not so much when it is added to a dish. Also, like pasta, if you leave the rice slightly undercooked it will do better when defrosting and reheating. However, you can also freeze individual servings of rice and they will come out just fine. Again, just remember to under cook it a bit.

## Herbs

Don't fret about your garden herbs going to waste! The easiest way to freeze your fresh herbs is to put them in ice cube trays with a small amount of water. Once frozen store them in a freezer safe bag or Foodsaver them and they are portioned for your use all year!

## Pantry Items

Do you have limited pantry space? You can freeze most of your baking goods! You can store nuts in the freezer. This is actually preferred because their natural oils can go bad. Chocolate chips, chocolate bars, etc can all be frozen. Flours, sugars, and other dry goods don't necessarily have to be stored in the freezer, but in humid months and humid climates it can be beneficial so they last longer. You can even store evaporated milk, condensed milk, shredded coconut or tiny marshmallows that you use on your holiday dishes.

## Broths/Soups

Roast chicken not only makes your house smell divine, but it's a dish that serves you more than once. After you've picked the roast to pieces, place the carcass into your slow cooker, along with a few herbs and mirepoix (the holy trinity of cooking – onions, celery and carrots), then cover with water and let cook for about 8 hours. Strain and then you can place it into portioned bags and freeze. Or you can let it sit in a bowl in your refrigerator overnight to skim the fat, then portion into bags and freeze. The same can be done for beef, veal or vegetable broth. You can also freeze soups that you have made or if you only use a portion of a can of store-bought, dump the remainder in a bag and freeze it.

## Sauces

Most sauces can be frozen if stored properly in the freezer. It's best to let them cool, then portion into freezer bags. Lay them flat in your freezer for optimal storage space!

## Dairy

Many people assume that dairy isn't one of the foods that freeze well, but we beg to differ.

Dairy is one of the sections in the store where you can really buy in bulk and take advantage of your freezer space. You can freeze milk (even in the jug, just pour a little out on top for expansion purposes), cheese of any kind (just slice, shred or cube before freezing so it won't crumble), cream cheese, and even yogurt.

Would you have guessed that eggs are one of the foods that freeze well? Eggs can also be frozen raw or cooked. You cannot freeze them in the shell, but simply crack them and place in a freezer safe container. You can even use an old ice cube tray to freeze egg whites or egg yolks separated for certain recipes. Eggs can freeze up to a year!

We like play the rebel in this category quite a bit, especially with sour cream and cream cheese. We have quite a few dishes that are heavy in the cream department that make it onto our Once A Month Meals menus. Yes, sour cream and cream cheese are notorious for separating or becoming crumbly when frozen and reheated. However, it is our experience that this can be tempered a bit. If you reheat the dish slowly and stir regularly it will most likely return to nearly its original state. Now these recipes are not going to be winning awards for food presentation, but they are going to taste good.

## Full Meals

Many full meals freeze well. The important thing is to eliminate air so they don't freezer burn when stored.

This information was found on the website: <https://onceamonthmeals.com/>

Once a month meals is a subscription website for recipes and menus for freezer cooking. I have NOT tried their subscription or recipies. - Nina Hansen

## Blanching

Blanching (scalding vegetables in boiling water or steam for a short time) is a must for almost all vegetables to be frozen. It stops enzyme actions which can cause loss of flavor, color and texture.

Blanching cleanses the surface of dirt and organisms, brightens the color and helps retard loss of vitamins. It also wilts or softens vegetables and makes them easier to pack.

Blanching time is crucial and varies with the vegetable and size. Underblanching stimulates the activity of enzymes and is worse than no blanching. Overblanching causes loss of flavor, color, vitamins and minerals. Follow recommended blanching times.

## Water Blanching

For home freezing, the most satisfactory way to heat all vegetables is in boiling water. Use a blancher which has a blanching basket and cover, or fit a wire basket into a large pot with a lid.

Use one gallon water per pound of prepared vegetables. Put the vegetable in a blanching basket and lower into vigorously boiling water. Place a lid on the blancher. The water should return to boiling within 1 minute, or you are using too much vegetable for the amount of boiling water. Start counting blanching time as soon as the water returns to a boil. Keep heat high for the time given in the directions for the vegetable you are freezing.

## Steam Blanching

Heating in steam is recommended for a few vegetables. For broccoli, pumpkin, sweet potatoes and winter squash, both steaming and boiling are satisfactory methods. Steam blanching takes about 1½ times longer than water blanching.

To steam, use a pot with a tight lid and a basket that holds the food at least three inches above the bottom of the pot. Put an inch or two of water in the pot and bring the water to a boil.

Put the vegetables in the basket in a single layer so that steam reaches all parts quickly. Cover the pot and keep heat high. Start counting steaming time as soon as the lid is on. See steam [blanching times](#) recommended for the vegetables listed below.

## Microwave Blanching

Microwave blanching may not be effective, since research shows that some enzymes may not be inactivated. This could result in off-flavors and loss of texture and color. Those choosing to run the risk of low quality vegetables by microwave blanching should be sure to work in small quantities, using the directions for their specific microwave oven. Microwave blanching will not save time or energy.

## Cooling

As soon as blanching is complete, vegetables should be cooled quickly and thoroughly to stop the cooking process. To cool, plunge the basket of vegetables immediately into a large quantity of cold water, 60°F or below. Change water frequently or use cold running water or ice water. If ice is used, about one pound of ice for each pound of vegetable is needed. Cooling vegetables should take the same amount of time as blanching.

Drain vegetables thoroughly after cooling. Extra moisture can cause a loss of quality when vegetables are frozen.

This information was extracted from "So Easy to Preserve", 6th ed. 2014. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Address. Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.

**Blanching Times\***

| Vegetable  | Blanching Time (minutes) |
|--|--------------------------|
| <b>Artichoke-Globe</b><br>(Hearts)   | 7                        |
| <b>Artichoke-Jerusalem</b>   | 3-5                      |
| <b>Asparagus</b>   |                          |
| Small Stalk  | 2                        |
| Medium Stalk   | 3                        |
| Large Stalk  | 4                        |
| <b>Beans-Snap, Green, or Wax</b>   | 3                        |
| <b>Beans-Lima, Butter, or Pinto</b>  |                          |
| Small  | 2                        |
| Medium   | 3                        |
| Large  | 4                        |
| Beets  | cook                     |
| <b>Broccoli</b><br>(flowerets 1 1/2 inches across)                                 | 3                        |
| Steamed  | 5                        |
| <b>Brussel Sprouts</b>   |                          |
| Small Heads  |                          |
| Medium Heads   | 3                        |
| Large Heads  | 4<br>5                   |
| <b>Cabbage or Chinese Cabbage</b><br>(shredded)                                    | 1 1/2                    |
| <b>Carrots</b>   |                          |
| Small  | 5                        |
| Diced, Sliced or Lengthwise Strips   | 2                        |
| <b>Cauliflower</b><br>(flowerets, 1 inch across)                                   | 3                        |
| <b>Celery</b>  | 3                        |
| <b>Corn</b><br><i>Corn-on-the-cob</i>  |                          |
| Small Ears   | 7                        |
| Medium Ears  | 9                        |
| Large Ears   | 11                       |
| <i>Whole Kernel or Cream Style</i><br>(ears blanched before cutting corn from cob) | 4                        |
| <b>Eggplant</b>  | 4                        |
| <b>Greens</b>  |                          |
| Collards   | 3                        |
| All Other  | 2                        |
| <b>Kohlrabi</b>  |                          |
| Whole  | 3                        |
| Cubes  | 1                        |
| <b>Mushrooms</b>   |                          |
| Whole (steamed)  | 5                        |
| Buttons or Quarters (steamed)  | 3 1/2                    |
| Slices steamed)  | 3                        |
| <b>Okra</b>  |                          |
| Small Pods   | 3                        |
| Large Pods   | 4                        |

| Vegetable  | Blanching Time (minutes) |
|--|--------------------------|
| <b>Onions</b><br>(blanch until center is heated) | 3-7                      |
| Rings  | 10-15 seconds            |
| <b>Peas-Edible Pod</b>                           | 1 1/2-3                  |
| <b>Peas-Field</b> ( <i>blackeye</i> )            | 2                        |
| <b>Peas-Green</b>                                | 1 1/2                    |
| <b>Peppers-Sweet</b>                             |                          |
| Halves   | 3                        |
| Strips or Rings                                  | 2                        |
| <b>Potatoes-Irish (New)</b>                      | 3-5                      |
| <b>Pumpkin</b>                                   | cook                     |
| <b>Rutabagas</b>                                 | 3                        |
| <b>Soybeans-Green</b>                            | 5                        |
| <b>Squash-Chayote</b>                            | 2                        |
| <b>Squash-Summer</b>                             | 3                        |
| <b>Squash-Winter</b>                             | cook                     |
| <b>Sweet Potatoes</b>                            | cook                     |
| <b>Turnips or Parsnips</b>                       |                          |
| Cubes  | 2                        |

\*blanching times are for water blanching unless otherwise indicated.