










FRUITS AND VEGETABLES	HOW TO PREPARE
 <p>APPLES</p>	<p>Wash them well and just eat out of hand. To core them, cut in half, then in quarters, and using a knife make a circular cut around the seeds and seed casings.</p>
 <p>APRICOTS</p>	<p>Cut in half and remove the pit. Apricots may be eaten skin and all. To peel, blanch for 10-20 seconds in boiling water and plunge immediately into cold water.</p>
 <p>ASPARAGUS</p>	<p>Asparagus can be peeled using a swivel bladed peeler. Just make sure to stop peeling about 2" from the tips. Rinse the spears well, since they can be sandy. Then hold the spears in both hands and bend until they snap. The spears will break naturally at the point where they are tender. Steam or roast them until tender.</p>
 <p>BEETS</p>	<p>Cut off the stem and root, wash and scrub thoroughly, then cook by boiling, roasting or steaming.</p>
 <p>BERRIES</p>	<p>Blackberries, raspberries, boysenberries, gooseberries, and loganberries are all extremely perishable. Use them the day you buy them for best quality. Wash them very gently in cool water, sort them and place them on paper towels to drain.</p>
 <p>BLUEBERRIES</p>	<p>Blueberries are not as perishable. They are usually sold in 1 pint containers. Sort them carefully and make sure to pull off any attached stems.</p>
 <p>BROCCOLI</p>	<p>Separate the florets from the stalk, wash well and cook by steaming or boiling.</p>
 <p>CARROTS</p>	<p>Remove the tops before storage to increase the carrot's shelf life. Wash, peel if necessary, and cook by steaming, roasting, or boiling.</p>
 <p>CAULIFLOWER</p>	<p>Wash well, cut off the florets, and serve raw or steam them lightly until tender. The stem isn't edible.</p>
 <p>CHERRIES</p>	<p>Be sure to pit the cherries.</p>

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 <p>CUCUMBERS</p>	<p>Peel cucumbers before using them. Cut in half and use a spoon to scrape out the seeds, which can be bitter. Then slice or chop.</p>
 <p>HONEYDEW MELON</p>	<p>Wash them well before slicing and gently scoop out the seeds, then cut into wedges, or cut off the peel and slice.</p>
 <p>KIWI</p>	<p>Peel the skin and slice or chop to serve.</p>
 <p>MUSHROOMS</p>	<p>Rinse quickly to wash. Don't soak the mushrooms in water, or they will absorb lots of liquid and be watery. Cut off the ends of the stems, then slice or chop.</p>
 <p>PEACHES</p>	<p>Blanch for 30 seconds in boiling water, then plunged into cold water.</p>
 <p>PEPPERS</p>	<p>Wash them, cut in half, and remove seeds before slicing or chopping. Roasting peppers, then placing them in a paper bag and removing the skin makes the peppers smoky, soft and sweet.</p>
 <p>PINEAPPLE</p>	<p>To prepare, wash, then firmly grasp the leaves and twist off. Cut the pineapple into four sections, and using a curved knife, cut the flesh away from the prickly peel. Remove the hard core and slice the fruit or cut it into chunks.</p>
 <p>STARFRUIT</p>	<p>Just wash and slice.</p>
 <p>TOMATOES</p>	<p>To seed tomatoes, cut in half and gently squeeze to remove the seeds and tomato jelly. To peel tomatoes, dip briefly in boiling water until the skin begins to split. Cool by plunging into ice water, and the skin will slip right off.</p>