

## II. Storage Fresh Vegetables (continued)

There are vegetables with exceptional keeping qualities such as onions, white potatoes, carrots, turnips, parsnips, rutabagas, cabbage and beet roots. Vegetables that do not have good keeping qualities are leaf vegetables, asparagus, peas, string beans, brussel sprouts, green onions, bell peppers, radishes, okra and celery. These vegetables should be carefully inspected as soon as received and put in refrigerator in small portions to prevent heating. Spinach is very easy to heat and should never be put in large containers for it will heat and decay quickly.

## III. Fresh Frozen Vegetables

Fresh frozen vegetables are third in order because of popularity. It is true that fresh frozen vegetables are better than fresh storage vegetables and compare favorably with garden fresh vegetables. Fresh frozen vegetables will in time be in great demand; especially so, as soon as the housewife, steward and dietitian are educated to the fact that when they purchase a pound of frozen fresh vegetables they are getting a net weight.

These vegetables must be carefully selected because some garden fresh vegetables are not suitable for freezing. There is no chance taken in buying fresh frozen vegetables. They are time saving because you have no waste -- just a paper carton which makes it convenient for housewives who live in small apartments. The freezing of vegetables was no trick or a manufactured idea for using surplus commodities, but was produced through the growth and development of industry, the zenith of individual art and skill. Present housing conditions, severe demand and need of the housewife and institution is the reason this product was made possible.

## IV. Different Grades of Fresh Frozen Vegetables

Today there are different grades of fresh frozen vegetables. The growth in production is very rapid and new ideas are coming into action every day in respect to grading. Birdseye asparagus can be purchased in many different grades. For example, tiny, fancy, and jumbo. Personally I like the jumbo better than the tiny tips for parties and banquet service. There is no better buy when you are pressed for time. It is a sure hit in quality. For your protection here is a reminder. Know how each frozen food company identifies the best grade. Birdseye use the white carton for the best quality and the brown for standard quality.

### Recipes to be Demonstrated

Franconia Potatoes

French Cut Green Beans

Glazed Sweet Potatoes

Fresh Frozen Peas, Asparagus, Lima  
Beans

Special Baked Potato

Broccoli

Blushing Cauliflower

Buttered Cabbage

Julienne Carrots