

GUIDELINES FOR PREPARING FRESH VEGETABLES AND FRUITS

Onions, dry - Trim ends, peel off outer skin.
Onions, green - Separate bunches. Remove wilted tops, outer layer of bulb, and root end.
Parsnips - Trim tops, pare.
Peas, snow - Trim stem end.
Peppers, sweet, green - Remove stems and seeds.
Potatoes, red - Best used well scrubbed and unpared.
Potatoes, sweet - Remove sprouts, best cooked in skins and then pared.
Potatoes, white - Remove sprouts, for baking scrub well, for others pare.
Radishes - Trim tops, pare.
Rutabagas - Trim tops, pare.
Squash, fall or winter type - Cut as recipe indicates, remove seeds.
Squash, summer type - Trim ends.
Tomatoes - Cut out stem end.
Tomatoes, cherry - Remove stems.
Turnips - Trim tops, pare.

FRUITS:

1. Wash thoroughly to remove dirt.
 2. Trim bruised and blemished parts.
- Apples - Cut or pare if recipe indicates; core.
Apricots - Remove pit.
Avocados - Pare and remove seed.
Bananas - Peel. DO NOT wash.
Cherries, sweet - Remove stems and pits. DO NOT soak.

REVISION

(OVER)

Cranberries - Sort to remove damaged berries and stems.
Grapefruit - Pare and section or cut as recipe indicates.
Grapes - DO NOT soak. Remove stems.
Kiwifruit - Pare. Cut as recipe indicates.
Lemons - Grate rind. Cut in half to squeeze juice or cut as recipe indicates.
Limes - Grate rind. Cut in half to squeeze juice or cut as recipe indicates.
Mangos - Pare and remove seed. Cut as recipe indicates.
Melons - Cut in half to remove seeds. Pare if recipe indicates. Cut as recipe indicates.
Nectarines - Remove pit.
Oranges - Peel and section or cut as recipe indicates.
Papaya - Pare and remove seeds. Cut as recipe indicates.
Peaches - Pare if recipe indicates. Remove pit.
Pears - Pare if recipe indicates; core.
Pineapple - Pare, remove eyes and top tuft, remove core if tough.
Plums - Remove pit.
Strawberries - Remove caps and stems. DO NOT soak.
Tangelos - Peel and section or cut as recipe indicates.
Tangerines - Peel and section or cut as recipe indicates.
Watermelons - Pare and seed if recipe indicates. Cut as recipe indicates.