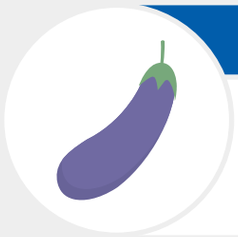
GUIDE TO VEGETABLES

COOK YOUR GREENS RIGHT



ROOT VEGETABLES	TEMP/TIME	NOTES
Beet, carrot, potato, turnip, yam, daikon (Japanese radish), radish, parsnip, celeriac, potato, water chestnut, artichoke.	183°F (84°C) 1 - 4 hours	Up to 1 inch thick. Chop, dice or split them as needed.

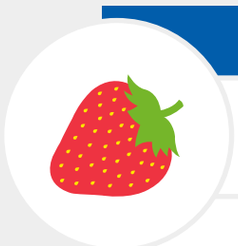


OTHER VEGETABLES	TEMP/TIME	NOTES
Corn, eggplant (aubergine), fennel, onions, squashes	183°F (84°C) 45 min - 2 hours	Up to 1 inch thick. Chop, dice or split them as needed.



LEGUMES	TEMP/TIME	NOTES
Beans (borlotti, navy, black, butter, azuki, pinto etc)	183°FC (84°C) 6 - 24 hrs	Pre-soak beans for 6 - 8 hours before hand. Cook with sufficient liquid (water or stock) in the bag as the beans will absorb them.
Chickpeas	183°F (84°C) 6 - 9 hrs	Pre-soak recommended, then add flavoring (herbs, oil, salt) in bag before cooking.
Lentils	183°F (84°C) 1 - 3 hrs	Add flavoring (herbs, oil, salt) in bag before cooking

We recommend a 3:1 water to bean/legume ratio with a 1% salt solution for best results.



FRUIT	TEMP/TIME	NOTES
Melon, apple, pear, mango, peach, nectarine, berry, strawberry, plum.	181°-194°F (83°-90°C) 45 - 90 min	Amazing cooked with flavored syrups, juice, tea, vinegar etc.
Rhubarb (tender stem)	140°F (60°C) 30 min - 1 hr	Great with flavored syrups (vanilla especially).

DID YOU KNOW?



The tomato is botanically a fruit, but was declared a vegetable by the US Supreme Court in 1893.



Eating garlic can keep mosquitoes away - not just vampires!



Red and yellow bell peppers have four times as much vitamin C as oranges.