

# THE BEST METHODS FOR VEGGIES

**ASPARAGUS: FREEZE**

**BEANS, LIMA, GREEN, OR SNAP:  
FREEZE**

**BEETS: ROOT CELLAR, IN SAND OR  
SAWDUST, DRIED**

**BROCCOLI: FREEZE**

**BRUSSEL SPROUTS: FREEZE OR BASIC  
STORAGE ON PLANT**

**CABBAGE: SAUERKRAUT OR BASIC  
STORAGE**

**CARROTS: ROOT CELLAR IN SAND OR  
SAWDUST, DRY, IN GROUND**

**CAULIFLOWER: FREEZE**

**CELERY: ROOT CELLAR, FREEZE, DRY**

**COLLARD GREENS: BASIC STORAGE IN  
GARDEN OR BLANCH AND FREEZE**

**CORN: FREEZE WHOLE KERNELS**

**CUCUMBERS: PICKLE**

**EGGPLANT: CUBE AND FREEZE**

**HERBS: DRY OR FREEZE IN OIL**

**ONIONS: BASIC STORAGE OR PICKLE**

**PEAS: FREEZE**

**PEPPERS: FREEZE**

**POTATOES: ROOT CELLAR**

**PUMPKIN: BASIC STORAGE, FREEZE  
PUREE, PRESSURE CAN**

**SPINACH: BLANCH AND FREEZE**

**SUMMER SQUASH: FREEZE, PICKLE**

**TOMATOES: CAN, FREEZE, DRY**

