



Cooking Maine-Grown Vegetables

Vegetable	Preparation	Cooking Time
Beans (Green or Yellow)	Wash. Remove ends. Leave whole or cut crosswise into 1-inch pieces.	Boil: 15-30 minutes. Steam: 20-35 minutes. French-style cut: Boil 10-20 minutes. Steam: 15-25 minutes.
Beet Greens	Pick over greens and remove any brown pieces. Remove tough stalks. Wash greens thoroughly in several clean waters.	Boil: 5 to 15 minutes
Beets	To cook whole, leave root tip on. Scrub. Boil in enough water to cover beets. Slip skins off before serving.	<i>New, whole:</i> Boil: 30 to 45 minutes Steam: 40 to 60 minutes <i>Mature, whole:</i> Boil: 45 to 90 minutes Steam: 50 to 90 minutes
Broccoli	Remove tough part of stalks and coarse leaves. Inspect stalks and flowers for worms. Remove. Broccoli from the garden may be soaked in salted water for 15 to 20 minutes to remove worms that are attracted to this crop. Slice or split stalk.	Boil: 10 to 15 minutes Steam: 15 to 20 minutes
Brussels Sprouts	Wash thoroughly. Remove tough outside leaves.	Boil: 10 to 20 minutes Steam: 15 to 20 minutes
Cabbage	Remove outer leaves. Quarter or shred.	<i>Quartered:</i> Boil: 10 to 15 minutes Steam: 15 minutes <i>Shredded:</i> Boil: 3 to 10 minutes Steam: 8 to 12 minutes
Carrots	Wash and pare to remove blemishes and outer skin.	<i>Young carrots, whole:</i> Boil: 15 to 20 minutes Steam: 20 to 30 minutes <i>Mature carrots, sliced:</i> Boil: 15 to 20 minutes Steam: 25 to 30 minutes
Chard	Pick over greens and remove any brown pieces. Remove tough stalks. Wash greens thoroughly in several clean waters.	Boil: 10 to 20 minutes Steam: 15 to 25 minutes
Corn on Cob	Husk and remove any blemishes.	Boil: 6 to 12 minutes Steam: 10 to 15 minutes
Eggplant	Wash. Pare if desired. Slice or dice.	Boil: 10 to 20 minutes Steam: 15 to 20 minutes
Kale	Pick over greens; remove brown pieces and tough stalks. Wash greens thoroughly several times.	Boil: 10 to 15 minutes
Onions	Peel outer leaves from the onion.	<i>Whole, small:</i> Boil: 15 to 20 minutes Steam: 25 to 35 minutes <i>Whole, large:</i> Boil: 20 to 40 minutes Steam: 35 to 40 minutes
Parsnips	Scrub, scrape and slice. Remove core if necessary. Quarter.	Boil: 8 to 15 minutes Steam: 30 to 40 minutes
Peas, Green	Shell before cooking and wash.	Boil: 12 to 15 minutes Steam: 10 to 20 minutes

Potatoes	Wash and peel.	Whole, medium: Boil: 25 to 40 minutes Steam: 30 to 45 minutes Quartered: Boil: 20 to 25 minutes Steam: 20 to 30 minutes
Turnip or Rutabaga	Wash, pare and slice or dice.	Boil: 20 to 30 minutes Steam: 35 to 40 minutes
Spinach	Pick over greens and remove any brown pieces. Wash thoroughly several times.	Boil: 3 to 10 minutes Steam: 5 to 12 minutes
Squash, Summer	Wash and pare. Cut into 2-inch pieces.	Boil: 8 to 15 minutes Steam: 15 to 20 minutes
Squash, Winter	Wash and pare. Cut into 2-inch pieces.	Boil: 15 to 20 minutes Steam: 25 to 40 minutes
Tomatoes	Wash, core.	Whole: Boil: 20 to 30 minutes Sliced: Boil: 15 to 20 minutes Steam: 20 to 25 minutes

Cooking Your Vegetables in the Microwave

Benefits:

- Quick, easy
- Speed of cooking helps retain color and flavor of vegetables
- Reduces cooking time for long-cooking vegetables (such as whole potatoes or winter squash)
- Little or no water needed

Common Cooking Terms Found in Recipes

- **Boil**—heating water so it bubbles up and gives off vapor
- **Braise**—cook food in a small amount of liquid in a covered container
- **Broil**—cooking food directly under a heat element
- **Grill**—cooking on a grate over hot charcoal or other heat element
- **Poach**—cooking foods (usually fish, eggs or vegetables) in gently simmering water—water that is just beginning to bubble but not yet boiling
- **Roast**—cooking food uncovered in a pan in the oven
- **Sauté**—cooking food in a pan quickly over high or medium-high heat, usually in heated oil or butter
- **Steam**—cooking food over, but not in, boiling or simmering water
- **Stir-fry**—cooking food quickly over high heat using a small amount of oil; recipes usually call for several different vegetables to be combined in a stir-fry. Start with the vegetables that take the longest to cook first (like broccoli, onions or cauliflower) and add the ones with the shortest cooking time last (like green peppers or mushrooms).