

## Peas

Remove peas from pods; cover with cold water and let stand one-half hour. Drain thoroughly. Cook until soft in a small quantity of boiling water, adding salt the last fifteen minutes of cooking. There should be little, if any, water to drain from peas when they are cooked. Season with butter, salt, and pepper. If peas have lost much of their natural sweetness, they are improved by the addition of a small amount of sugar.

## Spinach

Wash and drain well. Put the spinach in a saucepan and add very little water. Steam; season with butter and serve.

## Squash

(Stir Fried) Select tender squash; scrub, remove ends, and cut into slices. Boil in salted water until tender. Drain thoroughly and mash with a fork or potato masher. Put butter or cooking oil in a frying pan. Place some chopped onion in the oil or butter and stir fry until tender. Pour in squash and cook until all water is dried out. Season with pepper, and more salt, if necessary. (May sprinkle a little flour into the squash as a binder.

(Fried) Select tender squash; scrub, remove ends, and cut into lengthwise slices. Set aside. Mix all-purpose flour, a little salt and a little pepper together. When ready to prepare, dip squash slices into the flour mixture and fry in hot oil until brown on each side, turning once. Remove and place on paper towels to absorb excess oil. Serve hot.

(Boiled) Wash squash and cut into thick slices or quarters. Cook in boiling, salted water until soft. Drain thoroughly. Mash and season with butter, salt, and pepper.

## Sweet Potatoes

Select potatoes of uniform size. Wash and trim ends. Rub each potato with a little cooking oil; place in oven proof pan, and bake in a 350 degree oven until done. The time depends on the size of the potato. When done, place in a pan where they will keep just hot enough to prevent sweating. Sometimes they are peeled and sent to the table ready to serve. Most people prefer them quite hot and can peel them at the table.

## Tomatoes

Select ripe tomatoes. Peel with a small paring knife just through the skin. Slice or serve whole (cutting into eight sections half way through the tomato, pulling sections slightly open). Serve with salt, pepper, your choice of dressing, or mayonnaise.

Sliced tomatoes by themselves make great sandwiches. They also make great additions to serve on meat sandwiches or hamburgers. Chopped tomatoes are great in salads.

## Turnip/Mustard Greens

½ pound lean ham or other pork, cubed  
2 cups water  
2 pounds turnip greens or mustard greens  
½ teaspoon salt  
Crumbled bacon

Wash greens 3 or 4 times in fresh water to clean. Drain each time. Fry ham until chunks are brown. Transfer cooked ham to large pot. Pour in water; add turnip or mustard greens and salt. Bring to a boil. Cover; reduce heat and simmer until greens are tender. Drain and save pot liquor to serve with greens or add to soups and stews for additional flavor. Garnish with crumbled bacon. Yield: 4 servings.

## Turnip Roots

Peel and slice or dice the turnip root. Place in a saucepan and cover with boiling water. Add salt and a bit of sugar; boil until tender. Drain and serve with melted butter and chopped parsley.

## More Matters . . . eat your Veggies

### 10 Reasons to Eat Your Veggies!

- Veggies are nutritious.
- Veggies add color, texture . . . and appeal . . . to your plate.
- Veggies provide fiber that helps fill you up and keeps your digestive system happy.
- Veggies are naturally low in calories.
- Veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- Veggies are rich in vitamins and minerals that help you feel healthy and energized.
- Veggies are available in an almost in finite variety!
- Veggies are nature's treat and easy to grab for a snack.
- Veggies are fun to eat!
- Veggies taste great!



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# The *fresh* Approach

to

## Certified SC Grown Veggies



## Vegetable Preparation Guide

## Asparagus

Scrape, clean, and boil asparagus in salt water till tender, about 7-10 minutes. Drain and serve with melted butter. Season with salt and pepper.

## Bok Choy

Cut the root end off, separate stalks, and remove tough or wilted leaves. Cut leaves from stems and slice in 1-inch pieces. Slice stems diagonally in thick pieces. Stir-fry in oil or serve raw.

## Broccoli

Steam fresh broccoli, covered, in an inch of boiling water until tender, about 12 minutes. Test for doneness with a fork, then drain and serve with melted butter. Season with salt and pepper. (To insure even cooking of broccoli stems over an inch in diameter, cut lengthwise gashes in stems before cooking.)

## Butter Beans

Shell and remove any faulty beans. Use twice as much water (cold) as beans. Boil gently until tender and water is almost cooked away. Add salt, butter, and a small portion of sweet cream, if desired. May use a small piece of seasoning meat to cook with beans instead of butter.

## Cabbage

Discard the outer leaves and remove end of stalk. Cut into quarters and remove inside of the stalk without separating the leaves too much. Blanch for 5 to 10 minutes in boiling, salted water. Drain, cool, and serve.

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## Collards

½ pound fresh stuffed pork sausage  
2-3 pounds collard greens  
½ cup boiling water  
2 tablespoons vegetable oil  
¼ teaspoon pepper

Cook sausage and remove from saucepan leaving broth in the pan. Serve as a side dish. Select crisp, fresh collards. Strip leaves from stem. Add a small amount of vinegar or salt to the water in which you wash the greens. Wash greens several times in vinegar/salt water solution. Chop into 2 to 3-inch lengths. Place leaves in a saucepan with sausage broth, salt, and pepper. Cover and cook for 10 minutes, adding a few leaves at a time. Cook for 10 to 20 minutes or until tender. Do not overcook. Remove from heat and sprinkle a tiny bit of sugar over top of collards. Serve.

## Corn on the Cob

Heat a large pot of water to boiling. Drop in the corn and lower the heat so it will boil gently for 10 to 15 minutes. Cover the pot. When done, lift out, drain, and send to the table in a covered dish or place corn in a dish covered with a napkin. Each person will season with salt, pepper, and butter according to preference.

## Cucumbers

Remove thick slices from both ends and peel. Cut in thin slices and keep in cold water until ready to serve. Cucumber slices are great when served with your favorite dressing or when diced and served in a salad.

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## Eggplant

Peel and cut into ¼ inch slices. Place in cold water for 15 minutes. Drain and wipe completely dry. Sprinkle with salt and pepper. Dip each slice in flour, then in beaten egg, and then in cracker crumbs. Cook in deep oil giving time to cook slices thoroughly. Drain on paper towels and serve hot.

## Green Beans

Remove strings and snap or cut into one-inch pieces; wash and cook in boiling water until tender, adding salt during the last half hour of cooking time. You may want to cook with meat for additional flavor.

## Green Peppers

Wash and remove stem end. Halve lengthwise; remove seeds and inner membrane. Slice and serve as a raw vegetable with your favorite dressing. You can also dice them and serve in a salad.

## Lettuce

Separate leaves, discarding wilted outer leaves. Wash and keep in cold water until crisp. Drain and dry well. Put in a plastic bag and place in the refrigerator until ready to use. Use in a salad or on your favorite meat sandwich.

## Lima Beans

Shell and remove any faulty beans. Wash and cook in boiling water, boiling gently until tender and water is almost cooked away. Add salt during the last half hour of cooking time. May be flavored with a piece of meat or butter.

**Nothing's Fresher.**

## New Potatoes

Wash and clean with a vegetable brush. Drop in cold water. Bring water to a boil and cook until potatoes are done (when easily pierced with a fork.) Add salt during last half of cooking time. Drain and serve with butter and pepper, if desired.

## Okra

(Boiled) Select tender pods of uniform size, about 2 ½ inches long. Remove stems, but do not cut into pod. Boil in salted water until tender but not soft.

(Fried) Cut pods into half-inch slices, crosswise. Sprinkle generously with meal and fry in oil like French fried potatoes. Sprinkle with salt; serve hot.

## Onion

Peel and chop finely. Serve with lettuce, tomatoes, and cucumbers in a salad or with hotdogs. Slice medium to large onions crosswise and serve with hamburgers.

(Fried) Peel and slice in half-inch slices, crosswise. Put into a saucepan; cover with boiling water to which salt has been added. Simmer for 10 minutes; drain well. Place 2 tablespoons of butter or cooking oil into a fry pan for every cup of onions. When hot, add onions and fry until tender and a delicate brown. Stir frequently to prevent burning. Season with pepper and more salt, if desired. Serve with steak or liver.

**Nothing's Finer.**