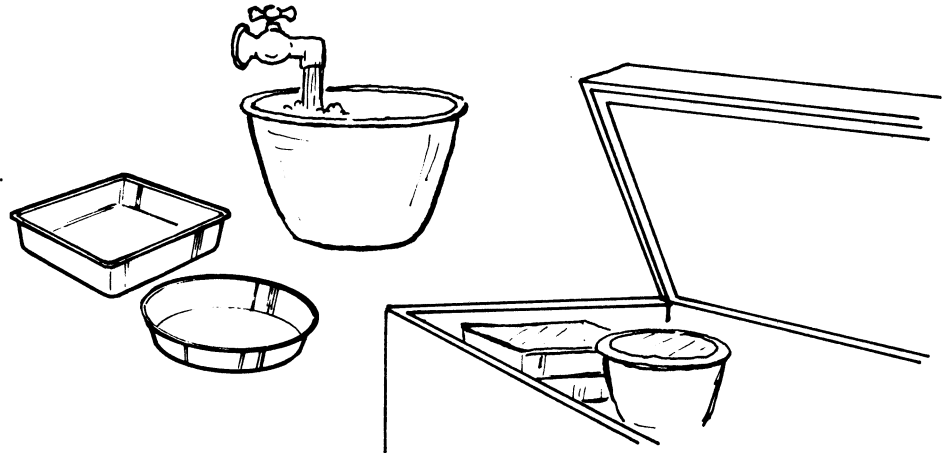


Getting Ready to Freeze Vegetables

Do this the day before freezing vegetables.

Make a lot of ice.
This is how you make ice.

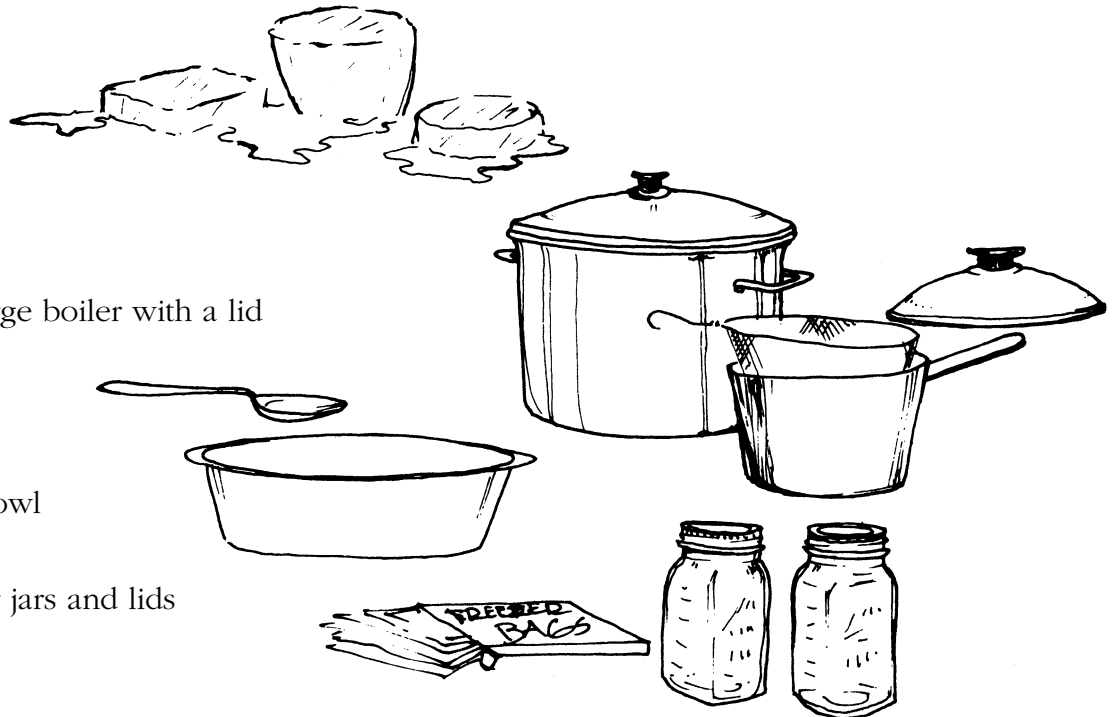
1. Put water in clean pans.
You can use plastic bowls.
Fill them almost full.
2. Put pans in freezer.



Get these things together before you wash vegetables.

What you need:

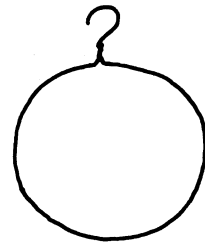
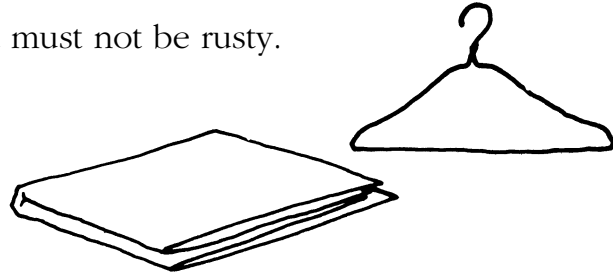
- A lot of ice
- A boiling bag
- A big pot or large boiler with a lid
- A big spoon
- A big pan or bowl
- Freezer bags or jars and lids



How to Make a Boiling Bag

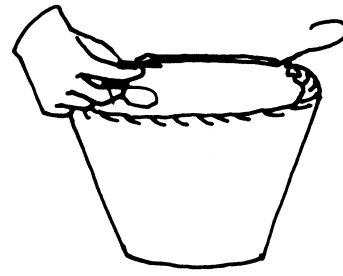
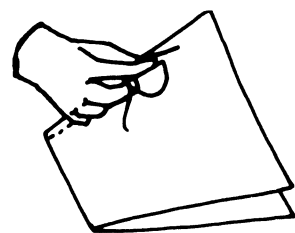
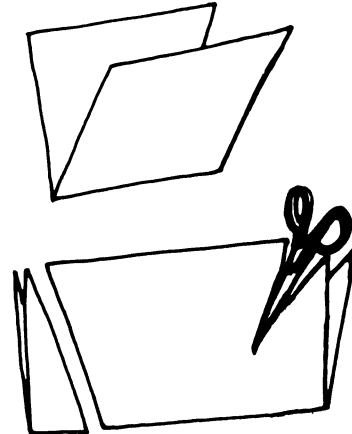
What you need:

- A coathanger. Use a clean coathanger. It must not be rusty.
- A big piece of thin cloth. It should be 4 times as big as this paper.
- A needle.
- Thread.
- Scissors.



What you do:

1. Bend the coathanger in a circle.
2. Fold the cloth so it will be wider than deep.
3. Cut the sides so the top is wider than the bottom.
4. Sew the sides together.
5. Sew the top to the coathanger.



HE-206-A

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For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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