

VEGETABLE TIME TABLE

for

COMMON VEGETABLES



Did you know?
Microwaving vegetables destroys all the essential enzymes for good health. Steaming is, by far, the best way to prepare vegetables.

Asparagus Tips: Boiled 10-15 minutes
Artichokes, French: Boiled 40 minutes Steamed 45 - 60 minutes
Bean, Lima (depending on age): Boiled 20-40 minutes Steamed 60 minutes
Bean, String: Boiled 15-35 minutes Steamed 60 minutes
Beets (young with skins on): Boiled 30 minutes Steamed 60 minutes Baked 70-90 minutes
Beets (old): Boiled or Steamed 1-2 hours
Broccoli, flowerets: Boiled 5-10 minutes
Broccoli, stems: Boiled 20-30 minutes
Brussel Sprouts: Boiled 20 - 30 minutes
Cabbage, chopped, cut sectional: Boiled 10-20 minutes Steamed 25 minutes
Cauliflower, stem down, whole: Boiled 20 - 30 minutes
Cauliflower, flowerets: Boiled 8 - 10 minutes
Carrots, cut across: Boiled 20 - 30 minutes Steamed 40 minutes
Celery, cut in lengths 1/2": Boiled 20 - 30 minutes Steamed 45 minutes
Corn, green, tender: Boiled 5 - 10 minutes Steamed 15 minutes Baked 20 minutes

Corn on the Cob: Boiled 8-10 minutes Steamed 15 minutes
Eggplant, whole: Boiled 30 minutes Steamed 40 minutes Baked 45 minutes
Onions: Boiled 25 - 40 minutes Steamed or Baked 60 minutes
Parsnips: Boiled 25-40 minutes Steamed 60 minutes Baked 60-75 minutes
Peas, green: Boiled or Steamed 5-15 minutes
Peppers: Boiled 20-30 minutes Steamed or Baked 30 minutes
Potatoes, depending on size: Boiled 20-40 minutes Steamed 60 minutes Baked 45-60 minutes
Potatoes, sweet: Boiled or Steamed 40 minutes Baked 45-60 minutes
Scalloped potatoes: Baked 60 - 90 minutes
Pumpkin in cubes: Boiled 30 minutes Steamed 45 minutes Baked 60 minutes
Spinach: Boiled 8 - 10 minutes Steamed 20 minutes
Squash in cubes: Boiled 20-40 minutes Steamed 50 minutes Baked 60 minutes
Tomatoes, depending on size: Boiled 5-15 minutes Steamed 50 minutes Baked 15 - 20 minutes
Turnips, depending on size: Boiled 25 - 40 minutes