



Eat those veggies!

What you need:

1 CUP (240G) FRESH GREEN BEANS,
ASPARAGUS, OR SUGAR SNAP PEAS
LARGE BOWL OF ICE WATER
SMALL POT/PAN
PAPER TOWELS



I THINK I'M READY
FOR A *COLD*
SHOWER NOW...

What to do:

ASK A GUARDIAN FOR HELP WITH USING THE STOVE!

BOIL ENOUGH WATER IN A POT THAT CAN HOLD YOUR VEGGIES.

PLACE A FEW OF YOUR RAW VEGETABLES ON A PAPER TOWEL FOR FUTURE USE.

GENTLY PLACE THE REMAINING VEGGIES INTO THE BOILING WATER (USE TONGS, A LADLE, OR A METAL BASKET IF YOU HAVE ONE!)

COOK FOR THE FOLLOWING LENGTHS OF TIME:

THIN ASPARAGUS: 2-4 MINUTES

THICK ASPARAGUS: 4 MINUTES

GREEN BEANS: 3 MINUTES

SUGAR SNAP PEAS: 2.5 MINUTES

REMOVE THE VEGGIES AND PLACE THEM INTO AN ICE WATER BATH QUICKLY. ALLOW THEM TO COOL FOR A MINUTE.

REMOVE AND PLACE THE BLANCHED VEGGIES ON A PAPER TOWEL NEXT TO A FEW UNCOOKED VEGETABLES TO COMPARE THEIR COLOR. WHAT CAN YOU OBSERVE?

What's going on?

SURROUNDING EACH OF THE CELLS WITHIN MOST PLANTS ARE THOUSANDS OF TINY AIR BUBBLES. WHEN LIGHT STRIKES THESE BUBBLES, IT BOUNCES EVERYWHERE AND DOESN'T LET THE TRUE GREEN COLOR OF THE PLANT CELLS SHINE THROUGH. THE BRIEF HEAT APPLIED DURING BLANCHING CAUSES THE BUBBLES TO EXPAND AND ESCAPE THE PLANT TISSUE, ALLOWING THE MUCH BRIGHTER GREEN COLOR OF PLANT CELLS TO BE DISPLAYED.