Classifications of Vegetables
Classified by part of plant veggie comes from, by color, or by flavor

8 classifications by plant type
Bulbs: garlic and onions
Flowers: broccoli, and cauliflower
Fruits: tomatoes, cucumbers, eggplant, okra, peppers, pumpkins, squash
Stems: asparagus and celery

8 classifications by plant type con’t.
Leaves: cabbage, lettuce, spinach, Brussels sprouts
Seeds: peas, corn, and beans
Tubers: potatoes and some artichokes
Roots: carrots, beets, parsnips, radishes, rutabagas, sweet potatoes, and turnips

Succulents: veggies high in moisture content, such as leaf veggies (lettuce)

Classifications of Vegetables
Classification by color
Green: peas, broccoli
Leafy green: spinach, kale, lettuce
Yellow: corn, wax beans
Deep yellow: carrots, sweet potatoes, and pumpkins
Red: beets, red cabbage
White: potatoes, cauliflower, onions

Classifications by flavor
Very-strong: onions
Strong-flavored: cabbage or cauliflower
Mild-flavored: peas, beans and potatoes

Nutrition
Excellent source of many vitamins and minerals
Vitamin A: leafy green and deep yellow veggies (carotene)
Vitamin C: broccoli, green peppers, and cabbage
B vitamins: ALL veggies, especially the seed category
Calcium and iron: leafy green
Fiber: from skins and pulp
Low in calories: except tubers (potatoes)
Selecting Fresh Vegetables
Look for color, firmness, and no bruises
Avoid wilted and misshapen
Handle carefully to prevent bruising
Medium in size, too small can be immature (hard and no flavor) and large can be over-mature (tough)
Buy only what you need in a short time
Choose ‘in season’- higher quality and lower in price
See chart page 338
Storage of Fresh Vegetables
Most need refrigeration
Store in crisper or plastic
Wash before use, do not soak
Some veggie specifics:
Core lettuce and wash before storing
Store sweet corn in husk
Store tomatoes uncovered
Store onions uncovered at room temp. or slightly cooler- do not need refrigerated
Potatoes do best in a cool, dry place
Cost
Depends on time of year
Cheaper when “in season”
Canned Veggies
Come whole, sliced, or in pieces
Usually canned in water
Choose cans free from dents, bulges and leaks to avoid food borne illnesses
Store in a cool, dry place, refrigerate after opening
Usually cost less than frozen or fresh
Cost depends on brand and can size
Don’t always have best appearance
Frozen Veggies
Retain flavor and appearance of fresh better than canned
Come in paper cartons or plastic bags
Can buy combinations of veggies or with sauce already on them
Choose packages that are clean & frozen
Usually cost less than fresh, especially in off-season times
Prices vary by brand and size of package

Dried Veggies
Few come in dried form
Most are legumes
Peas, beans, and lentils; lima, navy, pinto, red, black-eyed, garbanzo, kidney and soy beans
Most legumes high in protein and can be used as a meat substitute
Used in soups, salads, chili, and Mexican dishes
Soy beans most nutritious
Should be uniform in size, have no defects and be bright colored
Store in cool, dry place in covered containers

Preparing Raw Veggies
Colorful appearance and crunchy texture
Wash all veggies to remove soil, bacteria and pesticide residue
Use cool water and vegetable brush
Do not soak, lose nutrients
May cut into sticks, wedges, slices, rings
Store in covered containers in fridge
Most nutritious form of veggie
Principles of Veggie Cookery
Cellulose (fiber) softens, makes easier to chew and digest
Should be colorful, crisp but tender and flavorful when cooked properly
When over-cooked lose nutrients, color, flavor and texture changes
Using small amounts or no water & cooking for short amount of time on medium heat helps
preserve nutrients
Principles of Veggie Cookery
Green veggies contain chlorophyll, which is affected by heat causing graying
Cook in small amount of water, keep lid off for 1st few minutes
Yellow veggies have carotene, can escape if over-cooked
Cook in small amount of water and cover
Principles of Veggie Cookery
White veggies have pigments called flavones, which are soluble in water
Turn yellow or gray if over-cooked
Red veggies have a red pigment that is affected by alkaline (in some water)
Small amount of an acid (lemon juice or vinegar) will keep red
Cook in small amount of water and cover until just tender
Principles of Veggie Cookery
Mild flavored veggies
Such as peas beans, spinach, carrots, corn, beets
Cook in small amount of water, covered for a short amount of time
Strong flavored veggies
Cabbage, broccoli, Brussels sprouts
Cover with water, cook uncovered for short amount time- help dilute flavor
Very strong veggies
Onions and leeks
Cover with water, cook uncovered for longer amount of time- helps dilute flavor
Veggie Cookery Methods
Cooking in water:
Most cooked in small amount of water, with a lid just until tender
Wash before cooking
Cooking in skins helps retain nutrients
Cook fresh veggies at simmering point
Steaming:
Put in steaming basket over simmering water
Cover pan
Veggie Cookery Methods
Pressure cooking:
Follow directions of pressure cooker
Uses high temps produced by pressure to cook quickly
Baking:
Either in skins, in foil, in casseroles
Takes longer
Frying:
In fat, use lid to keep in steam to help cook
Dipped in batter and deep-fat fried
Sautéed in small amount of fat
Stir-fried with very little fat- works well with succulent veggies
Veggie Cookery Methods
Broiling:
Cut in half, brush cut half with fat place under broiler
Cook quickly with this high heat
Microwaving:
Retain shape, color, flavor and nutrients better because cook quickly with little or no water
Stir to move heat and let stand to finish cooking
Pierce skins if cooking in skins, potatoes
Steam pouches made for microwaving
Potatoes
Treated differently than other veggies
Cooking method depends on type
Classified by appearance and use
See pages 345-346 for more on potatoes
Preparing Canned Veggies
Already cooked
Can cook in liquid from can or in fresh water
Cook over low heat until heated through
No need to boil canned veggies
Color, texture, and flavor affected by canning process

Preparing Frozen Veggies
Have been blanched (preheated in boiling water or steamed for short time)
Blanching reduces cooking time and helps preserve color and flavor
Bring small amount of water to a boil
Add veggies, cover and return to boil
Then reduce to simmer until tender
Preparing Dried Veggies
Dried peas and beans need soaked 1st unless using in a soup
Soak overnight in cold water
OR for about an hour in boiling water
Can use soaking water in cooking, will have nutrients
Lentils do not need soaked

Review
Complete To Review questions 1-12 page 350
Write out and define To Know vocabulary terms on page 350