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For information write Parks Canada, Ontario Region [H] Box 1339 Cornwall, Ont. K6H 5V4

Freezer Facts



Most vegetables require blanching before freezing.

Blanching made easy

If the vegetables you freeze lose flavor or texture, you may want to try a new blanching method recommended by home economists from the Glad Home Freezing Information Centre.

The new method was developed at Agriculture Canada's Food Advisory Division and involves timing the blanching process from the moment you add your vegetables to boiling water.

Under the traditional method, where you begin timing the process when the water returns to the boil, many consumers find it difficult to judge when that precise point will be, with the result that they under-blanch, causing undesirable changes in flavor, color or texture, or over-blanch, reducing flavor and destroying nutrients.

The new method avoids this problem. Just start timing immediately, but remember to be sure the water is boiling before you add the vegetables, and keep the heat on high while you blanch.

The new blanching method requires a new blanching timetable or guide which was developed. The guide is incorporated in the new Freezer Facts booklets distributed free by the Glad Home Freezing Information Centre.

The Glad booklet also points out that a few vegetables such as sweet green peppers, onions and herbs require no blanching; others, such as corn-on-the-cob, beets, winter squash, pumpkin, potatoes and tomatoes should be fully cooked before freezing.

Tomatoes can be frozen whole without cooking, but they will be watery and may be slightly tough. For best results, skin, quarter and cook tomatoes gently for five minutes in 5 mL salt, a dash pepper and 5 mL sugar for each 1 kg (2.2 lbs.) tomatoes before freezing.

For your free Freezer Facts booklet or advice, write: Glad Home Freezing Information Centre, Box 4050, Station A, Toronto, Ont. M5W 2L2.

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DEATHS

TIMBERS, Zella Marie—On Wednesday, July 14th, 1982 at the Sunnybrook Hospital, Toronto. Zella Gummer of Georgetown, formerly of Peterborough, wife of the late Marsh Timbers and loving mother of Wanda Farmer of Peterborough and Donna Jarve of Georgetown. Lovingly remembered by seven grandchildren and eight great grandchildren. Sister of Norma Chaplin of Georgetown, Grace Massey of Peterborough, Mildred MacDonald of Acton and Bruce Gummer of Georgetown. Resided at McClure Jones Funeral Home, where funeral service was held Saturday afternoon. Interment Greenwood Cemetery. In memory contributions to the Kidney Foundation would be appreciated. 2311dn29

SCHNEIDER, Clarence Edward (Schneider's Reliable Sweeps)—On Wednesday, July 14, 1982 at Georgetown and District Memorial Hospital, Clarence Schneider of Georgetown, formerly of Guelph and Rockwood. Beloved husband of Myrtle Tost and dear brother of Frank, Leonard of Rockwood and Shirley Foltz of Parry Sound. Resided at the McClure Jones Funeral Home, 34 Edith Street, Georgetown, where funeral and committal service was held Saturday morning. Interment Memory Gardens Cemetery Breslau, Ontario. In memory contributions to the Canadian Cancer Society would be appreciated.

PERSONAL

CONGRATULATIONS to Heather Wallace on receiving her driving licence. Could this be the reason that rubber bumpers have been installed on the hydro poles on Greystone Crescent?

— A concerned resident, 2378p20n1

ANNIVERSARIES

— OPEN HOUSE — The Bradley family would like to invite friends and neighbours to celebrate the 50th WEDDING ANNIVERSARY of Roy and Rosa Bradley on Sunday, July 25th, 1982 from two o'clock until four o'clock at the home of John Bradley (son), 78 Stevens Crescent, Georgetown. Bestwishes only please.