

LEACHING

Leaching will pull some of the potassium out of high potassium vegetables. (About half the amount is removed).

LEACHING DOES NOT PULL ALL THE POTASSIUM OUT OF THE FOOD

For potatoes, sweet potatoes, carrots, beets and rutabagas:

1. Peel and place the vegetable in cold water
2. Slice vegetable in cold water
3. Slice vegetable 1/8 inch thick
4. Rinse in warm water for a few seconds
5. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking longer, change the water every four hours.
6. Cook vegetables with five times the amount of water to the amount of vegetables

For Squash, Mushrooms, Cauliflower and Frozen Greens:

1. Allow Frozen vegetable to thaw to room temperature and drain
2. Rinse fresh or frozen vegetables in warm water for a few seconds
3. Soak for a minimum of two hours in warm water. Use 10 times the amount of water to the amount of vegetables. If soaking longer, change the water every four hours.
4. Rinse under warm water again for a few seconds
5. Cook the usual way, but with five times the amount of water to the amount of vegetables