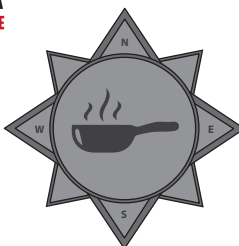


PEELING VEGGIES

Some of my favorite veggies require peeling. Who knew? I thought they came without skins. They seem to when I open the packets or the cans. But how wrong I was. Have you ever seen a potato when it comes out of the ground? It looks like a mud ball and carrots have all these weird stringy root things. Well, we, my TrailBlazing friend, are going to go back to basics.

First, you'll need a potato peeler. Yes, they can be used to peel other things, but they are usually called potato peelers.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Peel a variety of veggies, at least a batch of potatoes and carrots. See if you can select one more thing that could be a good candidate for peeling.
- Enjoy a good meal with the things that you have peeled. Mashed, boiled, or roasted taters, you name it. They're all good with carrots on the side. Wow!

LEVEL D

B1

A potato peeler has a pretty safe blade on it that stops you from cutting too deep. You can use a knife, but a peeler will make it easier. The peeler also has a pointy bit at the end. Sometimes on veggies you'll get a nasty bit you want to gouge out. These are called eyes on potatoes.

Now when peeling, it is a good idea to do it in a bowl of water. That makes it a whole lot easier to swish away the peelings and stuff.

Finally, when done, don't put the potato peelings down the garbage disposal. Dispose of them in the trash. Carrot peelings will be fine, but spuds have a lot of starch and can gum things up.

They are good for compost, though, if your family are avid gardeners.



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