Preparation – Select crisp, tender, green or bright red pods. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings.\n

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Heated – Good for use in cooking. Water blanch halves 3 minutes, strips or rings 2 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.\n

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Unheated – Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.\n