Preparation – Choose compact white heads. Trim off leaves and cut head into pieces about 1 inch across. If necessary to remove insects, soak for 30 minutes in solution of salt and water (4 teaspoons salt per gallon water). Drain.\n

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Water blanch for 3 minutes in water containing 4 teaspoons salt per gallon water.\n

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Cool promptly, drain and package, leaving no headspace. Seal and freeze.\n