

FRUITS AND VEGETABLES

Acorn Squash	183°F for 1 to 2 Hours (83.9°C)	Pears	183°F for 25 to 60 Min (83.9°C)
Apples	183°F for 1 to 2 Hours (83.9°C)	Pineapple	167°F for 45 to 60 Min (75.0°C)
Artichokes	183°F for 45 to 75 Min (83.9°C)	Plums	167°F for 15 to 20 Min (75.0°C)
Asparagus	183°F for 10 to 30 Min (83.9°C)	Potatoes	
Banana	183°F for 10 to 15 Min (83.9°C)	Small	183°F for 30 to 60 Min (83.9°C)
Beet	183°F for 60 to 90 Min (83.9°C)	Large	183°F for 60 to 120 Min (83.9°C)
Broccoli	183°F for 30 to 60 Min (83.9°C)	Pumpkin	183°F for 45 to 60 Min (83.9°C)
Brussels Sprouts	183°F for 45 to 60 Min (83.9°C)	Radish	183°F for 10 to 25 Min (83.9°C)
Butternut Squash	183°F for 45 to 60 Min (83.9°C)	Rhubarb	141°F for 25 to 45 Min (60.6°C)
Cabbage	183°F for 60 Min (83.9°C)	Rutabaga	183°F for 2 Hours (83.9°C)
Carrot	183°F for 45 to 60 Min (83.9°C)	Salsify	183°F for 45 to 60 Min (83.9°C)
Cauliflower		Squash, Summer	183°F for 30 to 60 Min (83.9°C)
Florets	183°F for 20 to 30 Min (83.9°C)	Squash, Winter	183°F for 1 to 2 Hours (83.9°C)
For Puree	183°F for 2 Hours (83.9°C)	Sunchokes	183°F for 40 to 60 Min (83.9°C)
Stems	183°F for 60 to 75 Min (83.9°C)		
		Sweet Potatoes	
Celery Root	183°F for 60 to 75 Min (83.9°C)	Small	183°F for 45 to 60 Min (83.9°C)
Chard	183°F for 60 to 75 Min (83.9°C)	Large	183°F for 60 to 90 Min (83.9°C)
Cherries	183°F for 15 to 25 Min (83.9°C)	Swiss Chard	183°F for 60 to 75 Min (83.9°C)
Corn	183°F for 15 to 25 Min (83.9°C)	Turnip	183°F for 45 to 60 Min (83.9°C)
Eggplant	183°F for 30 to 45 Min (83.9°C)	Yams	183°F for 30 to 60 Min (83.9°C)
Fennel	183°F for 30 to 60 Min (83.9°C)	Zucchini	183°F for 30 to 60 Min (83.9°C)
Golden Beets	183°F for 30 to 60 Min (83.9°C)		
Green Beans	183°F for 30 to 45 Min (83.9°C)		
Leek	183°F for 30 to 60 Min (83.9°C)		
Onion	183°F for 35 to 45 Min (83.9°C)		
Parsnip	183°F for 30 to 60 Min (83.9°C)		
Pea Pods	183°F for 30 to 40 Min (83.9°C)		
Peaches	183°F for 30 to 60 Min (83.9°C)		