

# Five Common Cooling Methods



Room Cooling 20-100 hours	Forced Air Cooling 1-10 hours	Hydrocooling 0.1-1 hour	Flake Ice Cooling 0.1-0.3 hours	Vacuum Cooling 0.3-2 hours
Artichoke, Banana, Dry Beans, Beet, Cabbage, Cactus, Cassava, Coconut, Garlic, Ginger, Horseradish, Kumquat, Lime, Lemon, Melons, Onion, Orange, Cucumber, Pineapple, Potato, Pumpkin, Radish, Sweet Potato, Turnip, Watermelon	Avocado, Banana, Berries, Brussel Sprouts, Cassava, Coconut, Cucumber, Eggplant, Fig, Ginger, Grape, Guava, Kiwi, Lima Bea, Mango, Melons, Mushroom, Okra, Orange, Papaya, Passion Fruit, Bell Pepper, Pumpkin, Snap Beans, Snow Peas, Summer Squash, Tangerine, Tomato	Artichoke, Asparagus, Beet, Endive, Broccoli, Brussel Sprouts, Cantaloupe, Cauliflower, Carrot, Celery, Cucumber, Eggplant, Escarole, Kiwi, Leek, Lima Beans, Orange, Parsley, Peas, Pomegranate, Spinach, Sweet Corn, Watercress	Endive, Broccoli, Brussel Sprouts, Carrot, Cauliflower, Cabbage, Escarole, Leek, Lettuce, Lima Beans, Green Onion, Spinach, Snap Peas, Snow Peas, Sweet Corn, Watercress	Endive, Broccoli, Brussel Sprouts, Carrot, Cauliflower, Cabbage, Escarole, Leek, Lettuce, Lima Beans, Mushroom, Snap Peas, Snow Peas, Swiss Chard, Watercress

“Recirculated water must be constantly sanitized to minimize accumulation of decay-causing pathogens.” Thompson et al. 1998

*Authorities in Food-Processing and Agricultural Cooling Technologies*