



Here are a few tips from your LHD on washing fruits & vegetables:

First, let's start out by washing your hands thoroughly with soap and water.

Clean and sanitize the area you will be setting the clean fruits/vegetables on. Do not forget to clean the sink if you are not using a bowl! Choose one of the following ways to clean your produce!

1. Soak fruit/vegetables in clean, cold water for 15 minutes
2. Under running water for 2 minutes
3. Baking soda bath for 15 minutes ~ 1-2 tablespoons per gallon of water
4. White vinegar bath for 10-15 minutes ~ about 1 part vinegar to 3 parts water
5. Salt bath for 10 minutes ~ 1-2 tablespoons per gallon of water for leafy greens and 2-3 tablespoons for root vegetables.
6. Commercial brand fruit/vegetable wash ~ follow recommendations on the label.

Rinse well and pat dry or set on a drying towel when finished!

****Remember to wash melons, lemons, limes, bananas and pineapples before cutting!**

