

FRUIT AND VEGGIE WASH



Unless you grow your own organic produce, washing with filtered water alone isn't enough to remove the dirt, wax, bacteria, and pesticides off food. But a simple homemade fruit and veggie wash made with baking soda, or vinegar, is inexpensive and effective. Just be sure to let your produce air dry completely on a towel on the counter before storing it, to help prevent early spoilage.

INGREDIENTS

- 1 cup water
- ½ cup distilled white vinegar or ½ tsp baking soda

DIRECTIONS

1. In a large bowl, add enough water to cover produce. Adjust ratio of vinegar and baking soda accordingly. Measurements don't have to be exact.
2. Add produce to be washed. Let it sit for five to ten minutes. Rinse thoroughly with fresh filtered water and pat produce dry before storing.

REFERENCES:

<https://www.nifa.usda.gov/sites/default/files/resource/Guide%20to%20Washing%20Fresh%20Produce508.pdf>
<https://www.consumerreports.org/pesticides-herbicides/easy-way-to-remove-pesticides-a3616455263/>
<https://europepmc.org/backend/ptpmcrender.fcgi?accid=PMC3907644&blobtype=pdf>