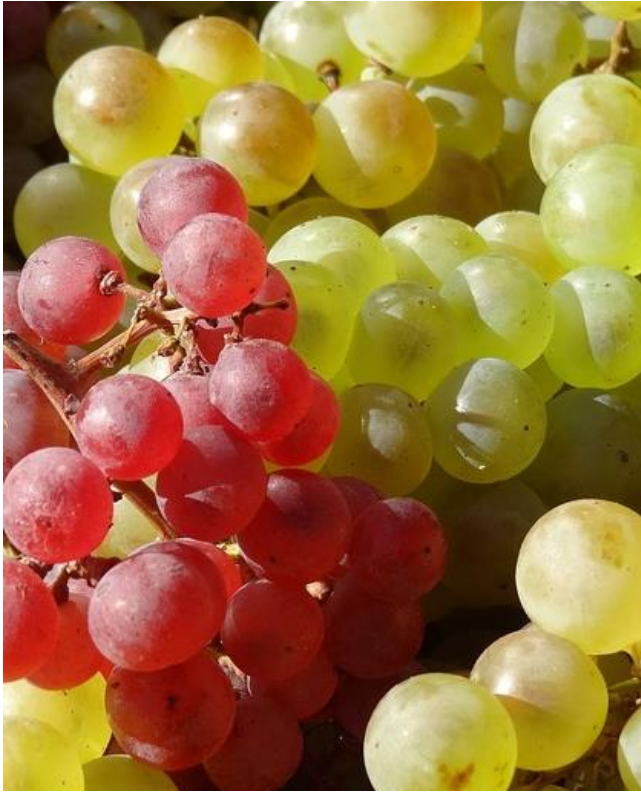


Fruit and Vegetable Wash



The U.S. Food and Drug Administration recommends rinsing fresh produce under cool running water before eating or cooking. However, washing produce with a fruit and vegetable wash can help remove dirt, pesticides and some bacteria. Use fruit and vegetable wash on apples, cantaloupe, cucumber, grapes, peaches, plums, watermelon and zucchini.

Store-bought fruit and vegetable washes can be expensive, but a simple solution of vinegar and water is all you need to make your own at home. Wash vegetables and rinse under cool, running water. Allow to air-dry completely after washing and before storing in the refrigerator. Damp fruits and vegetables will spoil faster.

Fruit and Vegetable Wash

Ingredients:

- 4 cups **water**
- 1 cup **vinegar**
- 1 tablespoon **lemon juice** (optional)

Directions:

1. Add water, vinegar and lemon juice, if using, to a spray bottle.
2. Shake well to mix ingredients.
3. To wash fruits or vegetables before eating or cooking, spray wash on fresh produce. Allow to sit for 3-5 minutes. Then rinse with cool, running water.

To wash dark leafy greens: Add greens to a large mixing bowl. Cover with fruit and vegetable wash. Let greens soak for 5 minutes. Remove and rinse well under cool, running water. Then you are ready to enjoy!

Adapted from The Kitchn