

# Quick Tips for Washing Fruits and Veggies

*Simple steps from the LA Times for washing produce*



## Lettuce & Leafy Greens

Fill a large bowl with water & immerse the greens in it.

Swish the greens around to loosen any dirt & let stand for 1 minute, let the grit sink to the bottom of the bowl.

If they're really sandy, clean the bowl, and repeat rinsing.

Place greens into a colander.

Run greens thoroughly under cold water, using a sprayer if you have one.

Always wash your hands before handling produce.

Clean & disinfect your kitchen, especially the sink, before washing produce.

Don't use dish soap or other household cleaners to wash produce.



## Root Vegetables

Scrub them under running water with a vegetable brush.

If you don't have a brush, use your fingers to scrub off any caked-on dirt.



## Mushrooms

Mushrooms easily absorb water, so quickly swish in colander using a sprayer.

Immediately after rinsing, spread in a single layer to dry on a clean kitchen towel or paper towel.



## Sturdy Veggies/Fruits

Such as: green beans, grapes, asparagus, cucumbers

Rinse well under a high-pressure stream of water while rubbing your hands.

Let dry in a clean colander.



## Delicate Veggies/Fruits

Such as: tomatoes, ripe stone fruit, berries

Rinse under a steam but low-pressure stream of water, turning the items gently with your hands to ensure all sides are rinsed but not bruised.

Spread to dry on a clean kitchen towel or paper towel so that they don't get crushed.

*If you have questions on any of these matters, please contact either Kelly Willmott ([kellyw@amvac.com](mailto:kellyw@amvac.com)) or Tim Donnelly ([timd@amvac.com](mailto:timd@amvac.com))*