

How to Wash Your Produce

QUICK TIPS FOR HANDLING FRESH FRUITS AND VEGETABLES

All fruits and vegetables should be washed prior to consuming, even if the skins or rinds won't be eaten. Washing produce helps to remove dirt and bacteria not only from surfaces, but also prevents bacteria from being carried into the food when cut with a knife. To avoid cross-contamination, use separate cutting boards for produce and meat, or wash the boards thoroughly before switching between food types.

Quick Tips for Washing Produce

- clean produce right before using
- gently rub soft fruits and vegetables (such as tomatoes) with your hands under running water to remove dirt
- scrub firm fruits and vegetables (such as potatoes, carrots and melons) with a vegetable brush (don't forget to clean the brush!)
- remove outer leaves of lettuce and cabbage before washing
- rinse herbs and sprouts, then shake to remove excess water
- use a kitchen sink sprayer to rinse berries in a colander, gently turning and shaking the colander to remove dirt and excess water

For further information, check out the National Center for Home Food Preservation (NCHFP) website at <https://nchfp.uga.edu/> or visit your local Cooperative Extension service.

Brought to you by the UCCE Master Food Preservers of El Dorado County
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