

WASHING FRUITS AND VEGETABLES

TIP # 1

Start with a clean kitchen and clean hands.

TIP # 2

Use cold running water to wash produce. Never use soap.

TIP # 3

Rinse berries in a colander and pat dry with a towel.

TIP # 4

Use a vegetable brush when washing potatoes, carrots, and cucumbers to remove dirt.

TIP # 5

Rinse produce with rinds and peels in cold water.

TIP # 6

Swirl herbs in a bowl of water and pat dry.