

## How to properly wash fruits and vegetables

It is very important to wash fruits and vegetables as soon as you bring them from the store. Unfortunately, in today's world fruits and vegetables are sprayed with pesticides or other chemicals that are harmful to our temples and yes, organic fruits and vegetables are sprayed with pesticides also. The Lord said, even thus shall the children of Israel eat their defiled bread among the Gentiles whither I shall drive them. Ezekiel 4:13 So, we want to make sure we take time to wash off all that junk.

There are several ways you can wash produce to effectively remove dirt and pesticides. Here are some simple easy ways:

### Options 1: Vinegar Solutions

Make a 3 part water to 1 part vinegar solution in a bowl. Let the fruits and veggies sit for 10-15 minutes. Drain, rinse well, dry and store. I like to use this method for hard skin fruits and vegetables such as oranges, avocados, bananas and apples. This is also a good method for all leafy greens.

### Options 2: Baking Soda or Sea Salt

Mix 2 tablespoons of baking soda or sea salt to a bowl or water. Let fruits and veggies sit for 10-15 minutes. Drain, rinse well, dry and store. This method works great for all fruits and vegetables. It is gentle enough for those fruits and vegetable with soft porous skin such as blueberries, bell peppers and tomatoes.





### Additional Tips

1. Dirt gets stuck in the crevices of leafy greens, make sure you wash thoroughly changing the water until it comes out clear.
2. Invest in a salad spinner to dry leafy greens and lettuces. Ikea sells one for \$5.
3. Use a soft-bristled scrub brush to clean potatoes and other root vegetables.
4. Always use cold water to wash fruits and vegetables to keep them crisp and fresh.
5. The only exception to pre-washing to avoid spoilage would be garlic, onions and mushrooms. You want to wash these when you are about to use them.

### How To Store Fruits and Vegetables To Keep Them Fresh Longer

After you have taken the time to wash your fruits and vegetables you want to make sure you store them properly to keep them fresh longer. This was a trial and error process for me because there is mixed information on the web about how to properly store produce.

I had always heard not to prewash berries because they spoil fast if you do. I found that you must store the berries properly after you wash them to maintain their freshness.

### Here Is How To Store Produce So It Last Longer

**Berries:** After you wash them, lay them out to dry on a towel, after they are dry store them in a glass or BPA-free plastic food storage containers. Place a paper towel on the bottom of the container and on top of the berries to help absorb humidity. Do not close the container all the way. Place the lid gently on top to allow for ventilation. You can also use the container they came in just make sure to wash them. Don't forget to place the paper towel on top and store in fridge.

**Celery:** Place them inside of a food storage container filled with water. I like to cut the celery into small pieces, but it is not necessary. Store inside your fridge.

**Herbs (Cilantro, Parsley, etc.)** – Fill a glass jar mid-way with water, place your herbs inside like a bouquet. Cut the bottom stem diagonally so it can absorb the water. Store inside your fridge. Change every 2 to 3 days.

**Leafy Greens and Lettuce:** Place in a storage bag, place a paper towel in between each bunch to absorb humidity. You can also roll them up in a dry kitchen towel and store inside of your fridge.

**Bell Peppers:** Put peppers inside a plastic storage bag and seal. Store inside of your fridge.

**Produce to store on the countertop:** Apples, citrus, garlic, avocados, tomatoes, bananas, potatoes and onions do well in a dry place.

Taking the time to do this is not only sanitary, but it is going to save time when you are cooking because all you must do is start cutting and chopping.



**Have fun while you clean your fruits and veggies. Listen to music or better yet listen to the Prophets.**