

SMART PRODUCE WASHING

A VISUAL GUIDE TO NATURALLY CLEAN FRUITS & VEGGIES

BY TYPE – TIPS, TIMING & STORAGE



LEAFY GREENS

Soak in vinegar or saltwater for 5-10 min

Rinse well under running water

Pat dry with a towel or spin in a salad spinner

FIRM FRUITS

Scrub with a soft brush and cold water

Optional: Soak 12-15 minutes in
baking soda solution (1% strength)

STORAGE: Keep refrigerated loosely in the crisper drawer



SOFT FRUITS

Scrub gently in a strainer under cold water

Optional: Quick soak in baking soda
solution (1% strength) for 2-3 minutes

STORAGE: Keep unwashed & refrigerated

ROOT VEGGIES

Scrub well under running water

Alternatively, peel for tougher dirt



HOW TO WASH BY TYPE



GREENS

Rinse in water + vinegar



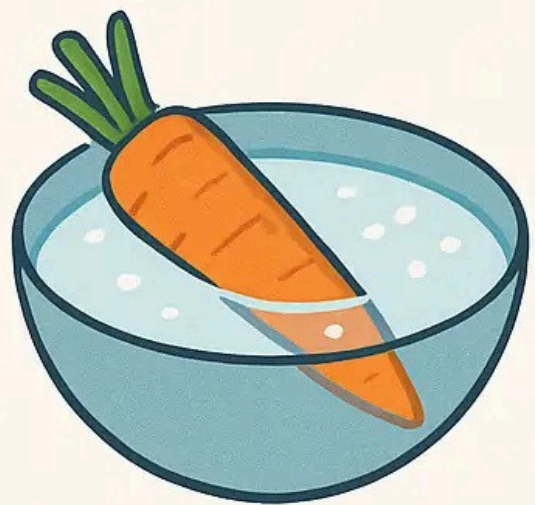
FIRM FRUIT

Scrub in water



SOFT FRUIT

Bathe in water + baking soda



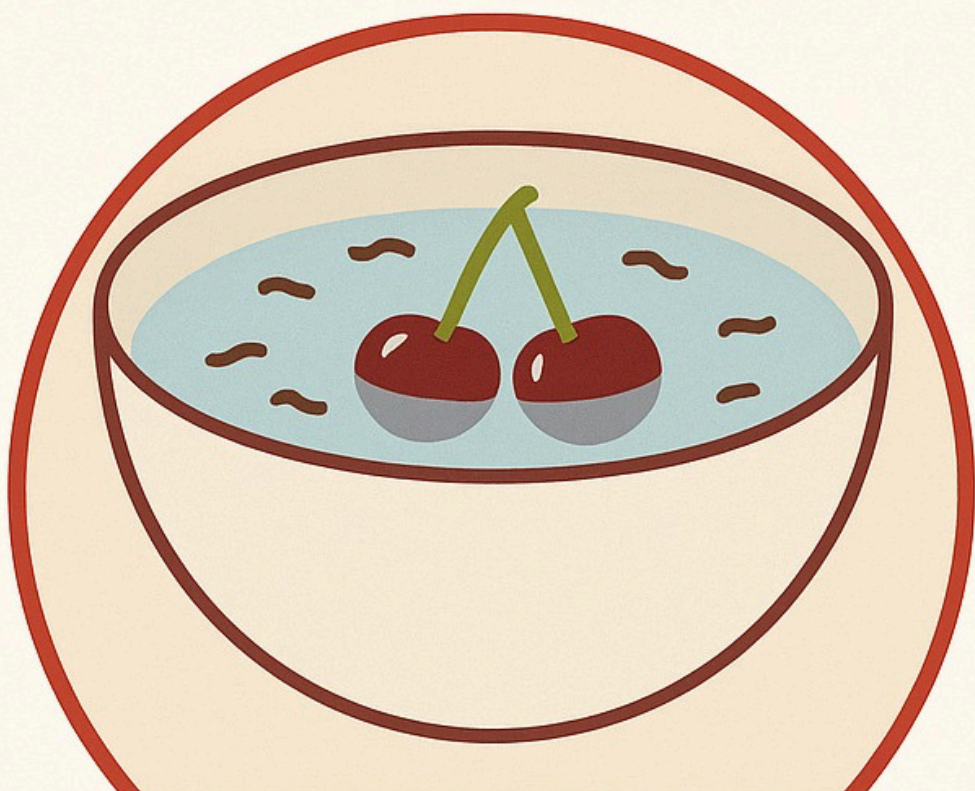
ROOTS

Soak in water + salt



SALTWATER CHERRY RESCUE

How to Draw Out Worms Naturally



- 1** Mix 1 tbsp salt with 1 cup (240 ml) warm water
- 2** Immerse cherries and soak for 10–20 minutes
- 3** Stir gently to help dislodge worms

