Bettina GROSS
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Homemade Fruit and Vegetable Wash

Produce sprays or soaks are great for cleaning the pesticide residue, along with other potentially harmful microbes and wax, off of vegetables or fruits.

There are commercial vegetable washes available, but some are made with synthetic chemicals and the ones that aren't are hardly worth the cost given how easy it is to make your own with items you have around your kitchen. Besides, some research shows that certain commercial vegetable washes are no more effective than tap water.

With this effective yet easy to make recipe you will not only increase your families health and wellbeing but also spare your wallet.

DIY VEGGIE WASH

Ingredients

3 cups water
1 cup distilled white vinegar
1 tablespoon lemon juice (optional)

Materials

Spray bottle
Bowl
Colander

Steps

1. Mix water, distilled white vinegar and lemon juice.
2. Put the mixture in a spray bottle.
3. Mist produce and let sit for 5 minutes. Heartier produce like broccoli, cauliflower and squash can be soaked in a bowl for 20 to 30 minutes before draining with a colander. Leafy greens and berries should be soaked for 2 to 3 minutes before draining.
4. Rinse thoroughly with water before eating.

Variation

Replace 1 cup of distilled white vinegar and 1 tablespoon of lemon juice with 1 ½ teaspoons of baking soda. Soak produce for 15 to 20 minutes before draining and rinsing.

Sidenote: Baking soda, whose alkalinity helps to neutralize many common acidic pesticides, is generally thought to be the most effective produce wash. It helps remove up to 80 percent of certain pesticides. Baking soda soaks, however, are generally not recommended for tender produce like berries and mushrooms. Source