

Vegetable Care & Handling

Washing

Wash all fruits and vegetables before consuming with cool tap water. Wash produce even before peeling or cutting to avoid contamination of knife and cutting board



Further Considerations

Always dry vegetables with a cloth after washing to avoid bacteria growth. It's also always a good idea to use separate cutting boards for each veggie being cut!

Bruises

Cut away any bruises or damaged areas of produce before preparing. This includes peeling off the outer leaves of lettuce as well.



Top Dirtiest Fruits and Vegetables

Strawberries
Spinach
Kale/ Collard Greens
Nectarines
Apples
Grapes
Cherries
Peaches
Pears
Celery
Bell Peppers
Tomatos

Did You Know?

Dry Storage

- onions
- potatoes
- Winter Squash
- Bananas
- Tomatos

Refrigeration

- Broccoli
- Brussel Sprouts
- Cucumber
- Mushroom
- Spinach
- Lemons/Limes
- Summer Squash
- Watermelon
- Pineapple
- peppers
- Cauliflower
- Carrots
- Oranges

INFORMATION SOURCE

ENCYCLOPAEDIA BRITANNICA

[HTTPS://WWW.BRITANNICA.COM/SCIENCE/NEWTONS-LAWS-OF-MOTION](https://www.britannica.com/science/newtons-laws-of-motion)