

## HOW TO WASH INORGANIC PRODUCE

### Lemon/Baking Soda Wash

- 1 Tbsp. lemon juice - (natural disinfectant)
- 2 Tbsp. baking soda (neutralises the PH level of pesticides)

### Vinegar/Salt Wash

- 1/4 cup vinegar (cleans the fruits and vegetables and neutralizes most pesticides)
- 2 Tbsp. salt (draws out dirt and insects)

### Lemon/Vinegar Wash

- 1 Tbsp. Lemon juice - (natural disinfectant)
- 2 Tbsp. Vinegar (cleans the fruits and vegetables neutralizes most pesticides)

Just fill a sink or a large bowl with water and the above ingredients (depending on the method you choose) and let the vegetables sit for about 20minutes then rinse

\*\*for Salads and raw leaves if you soak them for 15-20 min with 3 drops of Grapefruit seed extract that will kill all the parasites and bugs

For vegetable and fruits to be bought organically please see <http://www.ewg.org/foodnews/summary.php>