

2022 CLEAN 15 AND DIRTY DOZEN

CLEAN 15

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet Peas (frozen)
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet Potatoes

buying local and supporting your community is important

do not feel you must buy organic to be healthy, especially if you cannot afford to do so

you should clean **all** fruits and vegetables prior to storage

DIRTY 12

1. Strawberries
2. Spinach
3. Kale, Collard & Mustard Greens
4. Nectarines
5. Apples
6. Grapes
7. Bell & Hot Peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

How to Clean Fruits and Vegetables

- **Mix:** Mix a solution of 1:4. 1 cup vinegar to 4 cups water inside a spray bottle, then add a tablespoon of lemon juice. Shake well to combine.
- **Spray:** Spray your produce: Place your produce in a colander in the sink, and spray liberally with the mixture, then let it sit for two to five minutes.
- **Rinse:** Rinse off the mixture thoroughly with cool water, using a vegetable scrub brush on thicker-skinned produce.
- **Dry:** Pat dry with paper towels.