

# How To Wash And Store Produce Waste Less And Save Money

Are you tired of throwing away spoiled produce? Do you want to save money on your grocery bill? If so, then you need to learn how to wash and store produce properly.



## I Bought It, Now What?: How to Wash and Store Produce, Waste Less and Save Money by Amy Cross

★★★★☆ 4.9 out of 5

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Washing produce removes dirt, bacteria, and pesticides. This helps to keep you and your family healthy. Storing produce properly helps to extend its shelf life, so you can enjoy it for longer.

Here are some tips on how to wash and store produce:

### Washing produce

- **Wash fruits and vegetables before eating them.** Even if you plan on peeling or cooking them, it's still important to wash them first. This removes dirt, bacteria, and pesticides that can be harmful to your health.

- **Use clean water.** Fill a clean sink or bowl with cold water. Avoid using hot water, as this can damage the delicate skin of fruits and vegetables.
- **Wash produce gently.** Use your hands or a soft brush to gently scrub the surface of fruits and vegetables. Avoid using harsh chemicals or detergents, as these can damage the produce.
- **Rinse produce thoroughly.** After scrubbing, rinse produce thoroughly with clean water. This removes any remaining dirt, bacteria, or pesticides.

## Storing produce

- **Store produce in a cool, dark place.** The refrigerator is the best place to store most fruits and vegetables. The cold temperature helps to slow down the ripening process and extend the shelf life of produce.
- **Store produce separately.** Do not store fruits and vegetables together. Fruits produce ethylene gas, which can cause vegetables to ripen prematurely.
- **Wrap produce in plastic wrap or aluminum foil.** This helps to keep produce fresh and prevent it from drying out.
- **Store produce in airtight containers.** This helps to keep produce fresh and prevent it from absorbing odors from other foods in the refrigerator.

By following these tips, you can learn how to wash and store produce correctly. This will help you to reduce waste, save money, and improve your health.

## Here are some additional tips for reducing waste and saving money on produce:

- **Buy produce in season.** Seasonal produce is typically less expensive and tastes better than produce that is out of season.
- **Buy ugly produce.** Ugly produce is often just as good as perfect-looking produce, but it is often sold at a discount.
- **Freeze produce.** Freezing produce is a great way to extend its shelf life and prevent waste.
- **Compost produce.** Composting produce is a great way to reduce waste and improve your soil.

By following these tips, you can learn how to wash and store produce correctly, reduce waste, save money, and improve your health.



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