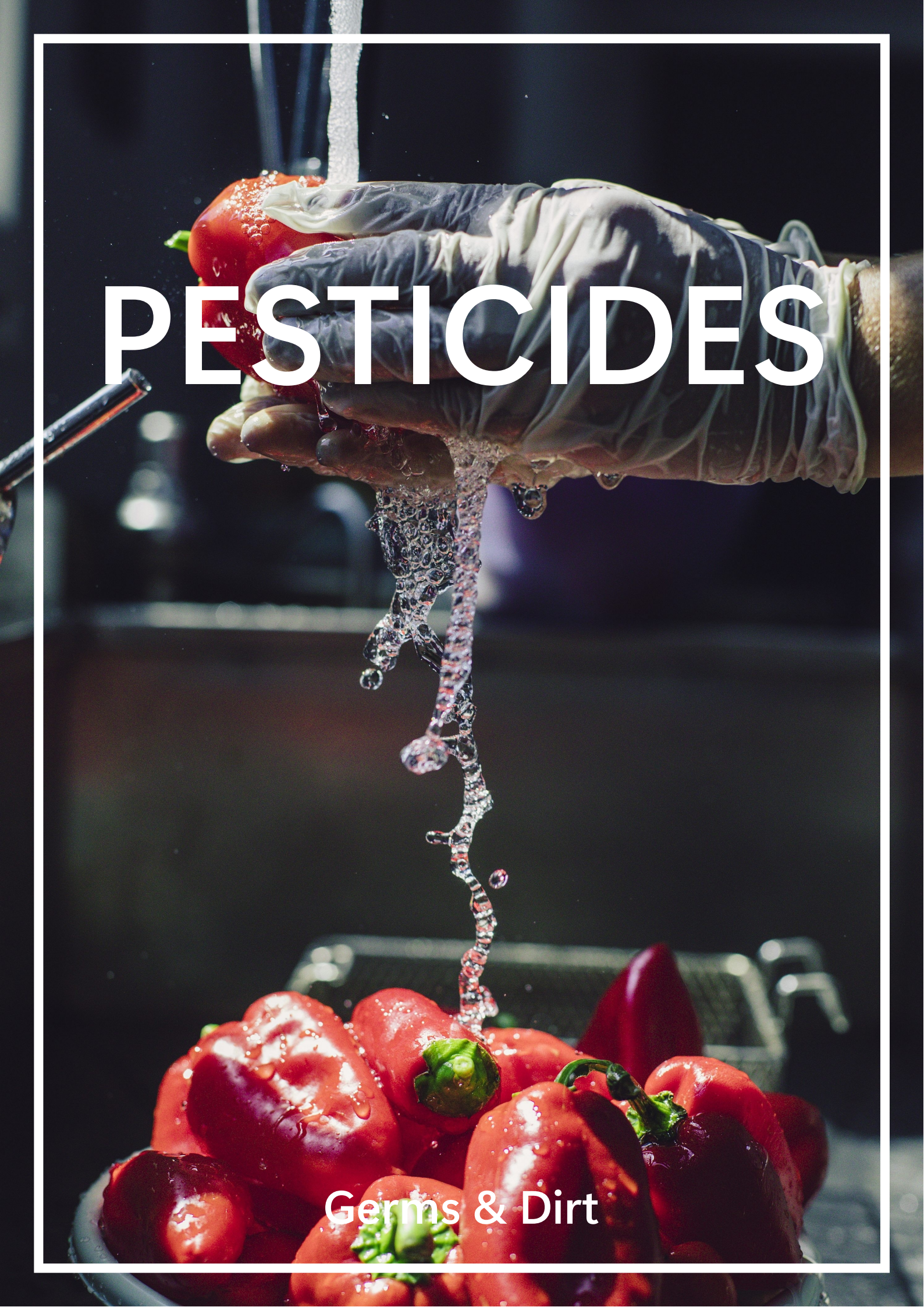
PESTICIDES
Germs & Dirt

Contents

- CRAFTSMANSHIP - Pesticides - washed off ✓ 1

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Courses: Washing food
Collections: Healthiness
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Ingredients

Pesticides, Germs & Dirt

Is it better to wash or scrub fruits & vegetables?

Or just eat them as they are?

Getting some tips

Pesticides get under the skin of fruit and vegetables!

Peeling causes important nutrients to be lost

So should you peel them after all?

The Federal Institute for Risk Assessment advises that this is the safest option. However, the peel often contains most of the valuable nutrients. Take apples, for example: up to 70 per cent of the fruit's vitamins are found in and directly under the thin peel.

By the way:

If there is no water available, you can use your sleeve or trouser leg to rub the fruit. However, this is more symbolic than anything else, as it only removes the dust that is stuck to the outside.

Directions

You can't see it on the apple. You can't smell it either.

But it has been sprayed with pesticides an average of **30 times.**

Residues remain on the apple & penetrate the skin – and thus some of them also end up in the ship supplier's supply chain. And ultimately on your plates.

Other fruits and vegetables are also contaminated. This is because conventional agriculture can hardly function without pesticides. Around **290 different active ingredients** are approved, including the controversial glyphosate. In an official investigation in 2016, pesticide residues were found in 90 per cent of all apples.

How to wash fruit and vegetables properly

First wash thoroughly under running water, then rub dry.

Experts advise washing fruit & veggies thoroughly under running water from the tap and then drying them. Washing is also recommended for fruit & veggies whose skin we do not eat. This is because when cutting up melons, for example, dirt & germs can get from the skin onto the inside of the flesh.

But anyone who thinks that this removes all pesticide residues is mistaken.

The latest research shows that this method only removes around half of all pesticide residues.

No more than that.

Not even with hot water or washing-up liquid.

Hygiene researchers have discovered a particularly effective method: they washed apples with tap water, standard chlorine

bleach and baking soda (sodium bicarbonate).

The result: soaking apples in a 1% solution of water and baking soda is the best way to remove pesticides such as thiabendazole or phosmet. This is because the baking soda also ensures that pesticide residues are broken down. But who wants to soak fruit & veggies in baking soda solution for 15 min. before eating them?

What's more, pesticide residues are not only found on the surface of the skin. Experiments by researchers have shown that when pesticides are allowed to act for hours, they penetrate fractions of a millimetre deep into the skin. That may not sound like much, but it means that washing only removes some of the residues.

How to use a Baking Soda Wash for natural washing of fruits & vegetables

(1) Use warm water & soap to wash your hands for 20 sec. Since your hands may be dirty and carry germs, it's advisable to start by washing yourself.

(2) Prior to using your kitchen sink to soak your produce, be sure to wash and sanitize it.

(3) For washing a big quantity of produce, like a whole head of lettuce or kale or a bag of apples, utilize your kitchen sink. For smaller quantities of fresh produce or herbs, like a pint of blueberries or a bunch of cilantro, utilize a large, clean mixing bowl.

(4) Fill the bowl or sink two-thirds of the way with cold water, ensuring there is space to add the produce without causing the water to overflow.

Put baking soda into the cold water. To prepare a sinkful, add 3 or 4 tablespoons to the water and swish it to mix. In a mixing bowl, combine 1 tsp of baking soda with every 2 cups of cold water.

(5) For vine-grown items like tomatoes or leafy produce such as lettuce, detach the items and eliminate all vines and outer leaves.

(6) Immerse the fruits or vegetables in the baking soda solution.

(7) Allow to soak for 12 to 15 min. Time will assist the baking soda in doing its work. To make sure all sides of the produce are being cleaned, swish it around in the water or push it down a few times.

(8) For hardier fruits and vegetables like melons, apples, carrots, or potatoes, utilize a soft-bristle vegetable brush to clean the surface. Gently rub more delicate fruits and vegetables with your fingers. The scrubbing aids in eliminating the dirt that has been loosened, along with softened wax and chemicals.

(9) Take the produce out of the water and allow it to dry completely before preparing or consuming. For fresh herbs and leafy greens like kale or chard, consider placing leaves between tea towels or paper towels in layers to absorb moisture.