

Produce Washing and Preparation

Sometimes produce may be coated with waxes or still have residue from pesticides when you purchase it. Removing these, particularly the waxes, can be tricky. Here are some tips and links that might help you and your family:

1. Research where your produce comes from if possible--- find out if the farmers and/or sellers use pesticides and/or waxes and what kinds, if possible.
2. Research is not always possible, so here are some ideas for removing waxes and pesticides
 - You can purchase a **commercially made produce wash**. These can be pricey and you also need to make sure all ingredients in the wash are safe for you little one. However, if safe, it may be more convenient.
 - You can shake on a bit of **baking soda** (such as Arm and Hammer, which is made on dedicated equipment) and wash the produce with that and water
 - You can soak your produce in a **mix of vinegar and water** (1:1 ratio) and then rinse with cold water after soaking. Be sure it is a safe vinegar for your little one-- you can find white vinegar, apple cider vinegar, coconut vinegar and many others.
 - If you want something to keep on hand, **you can make a homemade spray** with 1 Tbsp lemon juice (or ½ Tbsp safe vinegar) and 2 Tbsp baking soda for every one cup of water. Once it is all mixed, spray your produce, let it rest, and then rinse with fresh water.
 - For additional information on waxes on produce, please see “Wax Coating on Fruits and Vegetables” at <http://www.whfoods.com/genpage.php?tname=george&dbid=175>

The only way to be sure that wax is completely removed is either to purchase produce that has not been waxed (contact the grower and distributor) or simply to peel the fruit before eating.

It is important to find out the derivative of a suspect wax, as they can contain food allergens--
- some waxes have been found to contain milk, soy and/or corn proteins.