



# VEGETABLE WASH GUIDE

Before washing, a cursory check should be performed on all items for obvious signs of infestation. If infestation is apparent the item should not be used.



## Lettuce & Herbs\*

*This method may be used for basil, cabbage, cauliflower, cilantro, flat parsley, kale (requires a leaf by leaf check as well), mint, spinach, spring mix.*

1. Fill large bowl or sink with water.
2. Gently add soap or veggie wash into water to avoid frothing at top until the water has an oily feel.
3. Soak lettuce/herbs in soapy solution for 3 minutes and strongly agitate all items. Leaves should not be packed in bowl but should have enough room to allow water to flow freely.
4. Remove lettuce/herbs in single handfuls from the soapy water and hold them under a heavy stream of water.
5. Place lettuce/herbs in a bowl or bucket of fresh water.
6. Agitate and remove lettuce/herbs in single handfuls from fresh water bath.
7. Pour water from bowl/bucket through a filter or t-shirt and check for insect presence under a strong light or over a light box.
8. If nothing is found, lettuce/herbs may be used.
9. If insects are found, you may repeat entire washing process.
10. If insects are found after repeating the above process, the entire batch should not be used.

*\*The RCC currently monitors the infestation rates in bagged pre-washed iceberg lettuce and bagged pre-washed cabbage. At this time both are acceptable to use out of the bag without further washing or checking.*



## Romaine Hearts\*\*

1. Fill large bowl or sink with water.
2. Gently add soap or veggie wash into water to avoid frothing at top until the water has an oily feel.
3. Place lettuce leaves in soapy water
4. Allow to soak for 3-5 minutes.
5. Carefully wash off the entire surface of each leaf, one by one, under a heavy stream of water ensuring that the water hits the entire surface area of the leaf directly.

*\*\*Full Romaine heads would require a leaf by leaf check after performing the above washing procedure.*



## Celery

1. Check each stalk for leaf miner trail.
2. If found, remove section with leaf miner trail and discard.
3. Remove all side branches containing leaves.
4. Clean celery vigorously to remove all dirt and insects.



## Green Onions

1. To use the bottom of the green onion – cut one inch below the area where the stalks of the onion intersect with the base. The remaining bottom section of the onion between may be used without further checking.
2. To use the green stalks (top of the green onion) – cut one inch above the area where the stalks of the onion intersect.
3. Check each stalk for leaf miner trails.
4. If found, remove the section with the leaf miner trail and discard.
5. Slit open each stalk and rub the inner surface area with your finger while rinsing under a stream of water. The stalks may then be used with no further checking.



## Strawberries

1. Fill large bowl or sink with water.
2. Gently add soap or veggie wash into water to avoid frothing at top until the water has an oily feel.
3. Remove green stems from strawberries (without knife) and place in soapy water.
4. Allow to soak for 3-5 minutes.
5. While soaking, agitate in water vigorously and then rub the surface of each strawberry with your fingers.
6. In a second bowl repeat steps 1 and 2. Then transfer strawberries to second bowl and repeat step 5.
7. Carefully wash off the entire surface of each strawberry, one by one, under a heavy stream of water ensuring that the water hits the entire surface area of the strawberry directly.