

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming VIRTUAL Classes

June

Summer Pies

Thursday, June 17 @ 6–7:30

Fee: \$25

[Click here to Sign Up](#)

July

Summer Salads

Thursday, July 15 @ 6–7:30

Fee: FREE!

[Click here to Sign Up](#)



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Don't forget to Wash your Hands...

AND your Fresh Vegetables

When it comes to washing fresh vegetables and fruits there are 5 basic rules:

- **Wash hands with warm soapy water**, for at least 20 seconds, before handling fresh produce.
- **Wash all fresh produce under clean, running water** before peeling, cutting or eating.
- **Scrubbing with a clean brush is only recommended for produce with a tough rind or peel** (such as carrots, potatoes, cucumbers and squash) that will not be bruised or scratched by the brush bristles.
- **Discard outer leaves of leafy vegetables** like lettuce and cabbage before washing.
- **Do not wash fruits and vegetables with bleach or soaps** - it can absorb into the product and change the taste.

What about **pesticides**? Pesticides are strictly controlled by the FDA, USDA and EPA and the health benefits of eating fruit and vegetables outweigh their possible presence. A lot of the pesticides are water-soluble and will come off with water, which is another reason to wash fruit and vegetables before you eat them.

Drying produce with a paper towel may further reduce **bacteria**. Although it is not necessary for items that will be cooked.

Washing with water is just as effective as consumer **produce washes**. Many produce washes include surfactants, which are cleaning agents. They work by attaching to oil and dirt and loosen water-resistant substances like wax. To use on food, they need to be registered with the EPA (Environmental Protection Agency). However, research shows that washing produce with tap water is just as effective as washing produce with any produce wash solutions that are on the market.

You can wash produce with **baking soda** and **vinegar**, however:

- Vinegar may affect flavor.
- Baking soda contains sodium which may affect the flavor of the produce. The strength of baking soda and water mixtures affects its cleaning ability.

For preparing salads, **leafy greens** like spinach, chard, kale and collards that are not prebagged need to be rinsed because many grow in sandy soils.

There is no need to wash **bagged leafy green** salads in sealed bags labeled "washed," "triple washed" or "ready-to-eat". They don't need additional washing at the time of use unless specially directed on the label.

Fresh produce in the summer can provide many great dishes. You can find lots of ways to incorporate your produce into your diet. A great salad is always a hit at cook outs. If you would like to learn more about Summer Salads sign up for our class: [Click here to Sign Up](#).

Recipe of the Month

Summer Bounty Salad

7 cups vegetables (zucchini, carrots, radishes, broccoli, green onions)
1 pepper (red, green, yellow, orange) sliced, approximately 1 cup
2 tomatoes (red, yellow, mixed), sliced or chopped
2/3 cup light or fat free salad dressing

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Wash and chop vegetables into bite-sized pieces.
3. Toss gently to combine.
4. Combine all vegetables and salad dressing in a bowl, stirring to coat vegetables with dressing.
5. Cover and refrigerate 1-3 hours to blend flavors. Store any leftovers in refrigerator and use within 3 days.

Makes 8 servings

Source: www.jocoeats.com

Nutrition Facts	
8 Servings Per Recipe	
Serving Size: 1 cup	
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrates 10g	3%
Dietary Fiber 3g	12%
Total Sugars 5g	
Added Sugars	NA*
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 27mg	0%



