QUICKSILVER SCIENTIFIC

DIY PRODUCE WASH
Baking Soda to the Rescue!

Did you know that baking soda, a low-cost kitchen staple, may help remove pesticide residues from produce? A recent study found that baking soda effectively removes surface pesticide residues from apples, one of the fruits on the EWG's Dirty Dozen list. You can make your own baking soda produce wash using this recipe:

1. Mix 1 tsp of baking soda and 2 cups of filtered water.

2. Submerge the produce in the solution for at least two minutes, or up to 15 minutes.

3. Rinse produce in filtered water thoroughly before eating.

This method works particularly well for produce with tough skin, such as apples or potatoes. More delicate fruits and vegetables, such as berries, may not hold up as well. As your budget allows, try to buy delicate-skinned produce organically.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.