

Produce Cleaning & Prep Tips

From your HTC Dieticians Claire & Valerie

Spring is a great time to try a variety of fruits and vegetables that are in season. Washing and storing produce well helps it stay fresh longer and taste the best. Before washing and cutting produce, be sure to wash your hands well. Cut away and bruised or damaged parts. Clean the produce before peeling or cutting it. A vegetable brush can be used on firmer items, like melons and potatoes, to help remove stuck-on dirt. Dry produce with a clean towel or cloth. The outer leaves of leafy produce, like lettuces and cabbage, can be removed and discarded. Check out the following links to learn more about which produce is in season and storage tips.



[Seasonal Produce Guide | SNAP-Ed \(usda.gov\)](#)
[Fight Stress with Healthy Habits \(heart.org\)](#)



If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.