

Fruit and Vegetable Wash Recipe

To remove chemical pesticides, fungicides, and fertilizers, as well as parasite eggs, pollen, fungus, soil residue, bacteria, and other undesirables from your fresh fruits and vegetables it is necessary to wash them thoroughly. Even fresh fruit and vegetables are handled many times before you buy them. Some are coated with wax to preserve them (apples, cucumbers, and others), which seals the chemicals and undesirables in. Wax coated fruits and vegetables may require additional attention.

Agricultural pesticides and other chemicals cannot be removed with water alone. You should clean fruits and vegetables even if you plan to peel them. A knife can carry harmful substance to the inside when slicing. Using dish detergents will remove some of the chemicals, but will leave a chemical residue that can cause intestinal upset. Delicate food items like berries and apricots, should not be soaked in water. Place them in a colander, spray them with the solution (below), allow them to sit for 6-10 minutes, then rinse them with a light spray of water. To avoid rapid spoilage, wait until you are ready to use the fruits or vegetables before washing.

The life of some fruits or vegetables can be significantly extended by washing them in a hydrogen peroxide wash before storing them. Add approximately 1-2 capfuls of food grade hydrogen peroxide (35%) to 1 gallon of water, submerge and then wash, followed by a careful drying process. Tomatoes, strawberries, raspberries, black berries, okra, and others will last significantly longer in the refrigerator. Use caution when using the hydrogen peroxide that you do not allow it to contact your skin in its undiluted form. It will burn your skin. Otherwise it is considered very safe for use. Store the hydrogen peroxide in your refrigerator. It must be stored in a cool dark place. It will lose approximately 1% of its strength per year. You can purchase food grade hydrogen peroxide at health food stores.

The formula for the fruit and vegetable wash is as follows:

- 20 drops of grapefruit seed extract (available in health food stores).
- 1 tablespoon baking soda
- 1 cup white vinegar
- 1 cup filtered water
- 1 tbsp. Willard Water

You can purchase a plastic spray bottle at Wal-Mart for about \$1.00. It will be found in the cleaning products aisle. When you add the baking soda to the vinegar it will produce a massive amount of foam. Make up only one batch in the spray bottle (as described). A double batch will overflow the bottle. A single batch will last several months.

Willard Water is used in this recipe to ensure that the wax on some fruits and vegetables (apples and cucumbers) is dissolved. The wax seals the chemicals in. Willard Water is available at health food stores. Willard Water should be used by diabetics when taking vitamins and minerals. It multiplies the absorption rate (up to 85% increase) of the vitamins and minerals. Add 2 tbsp. of Willard Water to 1 gallon of filtered water (refrigerate). Drink a full glass of Willard water when you take your vitamins and minerals.