

Trim, Dip, and Rinse



Recorte, sumerja, y después enjuague

How do you wash leafy greens and herbs?

Trim, Dip, and Rinse

- * Choose produce that looks good. Discard outer leaves if bruised.
- * **Trim your greens at the bottom so leaves are not bunched, and each leaf is separated from the other.** (easier to get soil off bottoms)
- * **Wash under cold running water, then shake off extra water.**
You don't need anything else.
- * If leaves are too sandy, you can dip greens first in a pan of cold water. Dip (don't soak) a small amount of the leaves at a time and move them up and down to get the soil to drop off the leaves. You may want to dip them more than once, changing the water between dips. **Remember dip—don't soak.**
- * **Lettuce and herbs are tricky.**
Unless really sandy don't dip - just rinse! Leaves are delicate.
Dipping makes them too wet and easily bruises the leaves.
- * After your final dip, rinse leaves in cold running water, and shake off the extra water.
- * **Try rolling greens in paper towels if they are too wet.**
- * Washed greens rolled in paper towels can be placed in a plastic container or bag and kept in the refrigerator - ready to use!