

# Keep your leafy greens fresh and crisp



*Washing your green leafy vegetables as soon as you bring them home will make them easier to use in salads, stir fries and other dishes when you need them.*

## Before you start – Wash your hands

Wash your hands with hot water and soap for at least 20 seconds before and after handling fresh produce.

## Washing leafy green vegetables

Examples of leafy greens are kale, lettuce, Swiss chard, rapini, cabbage and pre-bagged greens like baby spinach.

- Wash all leafy green vegetables, including pre-bagged greens under cold running tap water.
- For leafy vegetables, such as lettuce and cabbage, remove the outer leaves first. Throw away any wilted or discolored leaves.
- Rinse leafy vegetables in a colander, drain (or use a salad spinner) and pat dry with a paper towel or tea towel.
- Store in clean paper towels or a tea towel in a sealed plastic bag in the fridge. Use within a week.