

Safe Gardening

How to Handle Produce Grown in Contaminated Soil



What You Should Know

- **Avoid eating** root vegetables and green, leafy vegetables that have been grown in direct contact with contaminated soil.
 - ✓ Examples of root vegetables are carrots, beets, turnips and onions
 - ✓ Examples of green leafy vegetables are herbs, lettuce, cabbage, and spinach
- **Before eating** other types of vegetables or fruits that have been grown in direct contact with contaminated soil, ensure that they have been thoroughly washed, and peel them if possible.
 - ✓ Examples include tomatoes, squash, peppers, cucumbers, peas, beans, and eggplant

Preparing Fruits and Vegetables

- When washing vegetables, use running water and scrub vegetables well before eating.
- Clean your hands, cutting boards, and kitchen tools with hot, soapy water and rinse well before and after handling your fruits and vegetables.
- Soak garden produce in cool water and rinse thoroughly until the water runs clear.
- Scrub garden produce with a vegetable-cleaning brush to remove dust and dirt before peeling or eating.
- Wash berry fruits like strawberries and blackberries, and remove the "caps" (the tops of the berries where the stem and leaves attach)

