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DIY Fruit and Vegetable Scrub

Rid your produce of harmful chemical pesticides with these homemade solutions!

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It's the New Year, and that means sticking to your resolutions for fitness and weight loss! What better way to get into shape than making sure you're eating enough fruits and veggies? So how do you get more of these healthy foods into your diet without ingesting pesticides and cleaning chemicals along with them? Check out our recipes for natural vegetable scrubs and cleaners to set your New Year on a healthier track!

Citrus Scrub for Hard Fruits and

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Vegetables



Photocredit: Flickr / Barbara L. Hanson / Thomas Rousing

Vinegar is a great disinfectant and wax dissolver! When combined with lemon juice and grapefruit seed extract, it gives you an effective wash for hard fruits and veggies like apples, melons, and squash.

Ingredients

- 1/3 cup white vinegar
- 3 cups water
- 1 tbsp fresh organic lemon juice
- 8 drops grapefruit seed extract

Instructions

Combine all of the following in a bowl



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Soak produce for 5 mins

Soft Fruit and Vegetable Wash



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For those fruits and veggies without a peel (think lettuce), or soft skinned varieties like berries, you'll want to use something gentler than the previous recipe - try vinegar and cold water!

Ingredients

- 1 cup white vinegar
- 4 cups cold water

Instructions

Add tender produce to a bowl and pour in the solution
Swirl produce around gently, and let it soak for 5 mins

Wax-Removing Produce Scrub



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Photocredit: Flickr / jayneandd / Waldo Jaquith

Get rid of that tough wax shell with a DIY scrub recipe that's natural and safe!

Ingredients

2 tbsps baking soda
3/4 cup white vinegar
1 cup water

Instructions

Mix the following ingredients in a bowl (beware, they will fizz, so choose a big enough bowl)
Use a scrub brush to work the solution into the skin for extra effective wax removal

Once you've washed and scrubbed all your produce, lay it out on a clean tea towel to dry before putting it in the fridge. This will help to remove extra moisture, and prolong the life of your fruits and vegetables. Not only are DIY produce washes cheaper than store-bought options, but you can count on them being all-natural, safe, and eco-friendly while avoiding the extra packaging of conventional options!

About the Author:

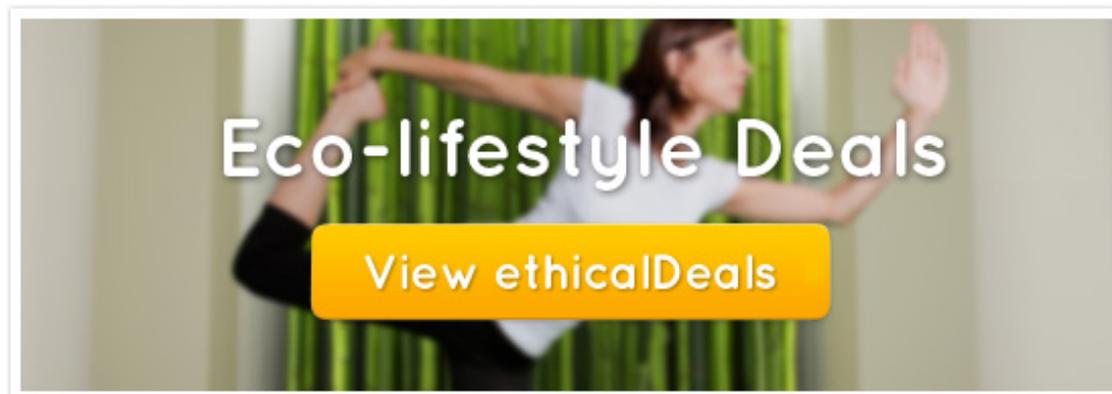
Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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