



Grapefruit Castile Fruit & Veggie Wash

an all-natural produce cleaner

Ingredients

- 16 ounces (473 ml) distilled water
- 1 tablespoon (15ml) Organic Liquid Castile Soap
- 2 teaspoons (10ml) Grapefruit Seed Extract

This recipe makes about sixteen ounces.

Directions:

1. Combine ingredients in a beaker, and stir well.
2. Transfer to Sprayer Bottle.

How to Use

- For leafy greens and herbs: Spritz with Fruit & Veggie Wash, then gently tousle with your hands to spread the soapy mixture through the leaves. Submerge the greens in a bowl or pot of clean, cold water. Stir gently, then remove to a colander. Drain and replace the bowl with fresh water, then rinse the greens again. Dry the greens in a clean colander, or on kitchen or paper towels.
- For firm fruits and vegetables: Spritz with Fruit & Veggie Wash, then rub into the fruit or vegetable's skin vigorously. Rinse well with cold, running water.
- For soft fruits and vegetables: Spritz with Fruit and Veggie Wash, then place in a mixing bowl. Add enough cold water to just cover the fruit. Gently stir the produce by hand, or by swishing the bowl around a little. Rinse well in a colander with cold, running water.

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