



Dirt Don't Hurt It Grows Campaign

We have some wonderful vegetables to share with the network that come directly from our farm partners! That's right. We are bringing you food that come directly from a farm right to your table! This means you might find a little extra dirt on them- but dirt don't hurt, it grows! Remember, the dirt serves as a reminder to let you know how fresh the vegetables are!



Lots of microorganisms live in soil. But soil isn't, by default, riddled with pathogens that will lead to foodborne illness in people. In fact, some scientists argue that [early exposure to dirt](#) and its multitude of largely benign microbes is good for children. Still, soil anywhere can become contaminated with microorganisms that can make you sick (one way: if a pathogen-carrying dog takes a potty break). To prevent illness you should, always get your produce as clean as you can.

Here are 3 Do-It-Yourself produce washes:



- 1. Baking Soda (Soak Method)-** Add 2 teaspoon to 4 cups of water and soak produce for 2-15 minutes. The longer the veggies and fruit soak, the more pesticide residue is removed. Scrub with a produce brush for extra cleaning power if you have one, then rinse.
- 2. Vinegar (Soak Method) –** The studies done on vinegar have used different ratios, usually 1:10 (one part vinegar to 10 parts water) or 1:3 (one part vinegar to three parts water). How much you use is up to you. Soak for 20-30 minutes or longer. Scrub with a produce brush for extra cleaning power if you have one, then rinse.
- 3. Vinegar (Spray Method) –** veggie spray is a 50/50 mixture of vinegar and water. Just spray onto produce and allow to sit for about 5 minutes, then scrub and rinse thoroughly.

On a hot summer day, this is a quick meal that you can prepare for your family. Try these [Chicken and Black Bean Salsa Burritos!](#)

Try Mighty Food Farm's [Velvety Zucchini Soup](#) – Zucchini is one of our local produce foods.