

Organic Produce Spray



Ingredients *Directions*

1 Organic lemon
3/4 Cup Organic White vinegar
3/4 Cup of water
10 Drops of lemon essential oil
*Baking Soda

First clean out your BPA Free spray bottle with warm water. Next, cut the lemon in half and squeeze as much of the juice out each half as you can using an orange or lemon juicer and put in spray bottle. Add in 3/4 cup of vinegar and pour in 3/4 cup of water and shake the bottle well to mix. Add in the essential oil drops and shake again. Apply baking soda as needed to the fruit directly for very dirty fruit.

It is important to give your produce a good wash before eating. Even if you buy organic, it's been handled by many people. A produce wash is a great way to make sure your produce is as clean as possible before you consume it. You can make your own natural and organic fruit and vegetable wash in just minutes, and it is not hard at all.

The lemons and vinegar serve as a natural disinfectant. To use, simply spray it on your produce (while the peels and skins are still in tact) and then rinse and wipe dry. You don't need to use a lot of the mixture, just a simple misting on each produce item will do.

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