

Garden to kitchen

Keep healthy when preparing and storing fresh organically grown produce

Golden rules for health and hygiene

- Ensure enough space to carry out tasks hygienically
- Clean areas between tasks
- Provide adequate supply of hot and/or cold drinkable water for washing produce



Ensure good hand washing routines

Lightly scrub fruit and vegetables to remove dirt

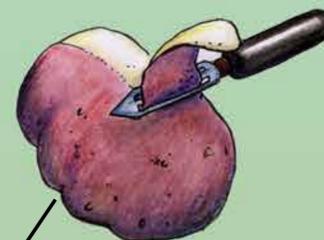


Wash soil from between the leaves

- Use a separate sink or bowl for washing garden produce
- Use separate containers for carrying and storing produce
- Keep raw produce separate from cooked food



Don't over-cook as valuable nutrients will be lost



Don't peel too thickly as many nutrients are stored just below the skin

- Eat fruit and vegetables as soon after picking as possible
- Store fruit and vegetables in a cool, well-ventilated place or a refrigerator
- After preparing or cooking fruit and vegetables they can be frozen, to eat later

Illustrations: Verity Thompson

Further information

Booklets: Bronze, Silver and Gold
Health Education Trust www.healthedtrust.com
Focus on Food Campaign www.focusonfood.org
www.gardenorganic.org.uk/schools



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organic