







HOW TO



Shop + Storing & Cleaning Produce

GoVegan!

Shopping

-  1. Plan your meals for the week. What would you like to eat? (Use the plan & prepare meal planner and recipes to get inspired and organized).
-  2. Create a grocery list. From the plan & prepare page, it will automatically create one. Then you can email it to yourself.
-  3. Research local (organic where possible) farmers, farmer markets, or vegetable stands to buy produce (or grocery store). Most convenient is to receive a delivery of all fruit and vegetables you'll need for the week. Think local and what's in season, as possible.
-  4. Based on your grocery list, what packaged foods do you need to stock? Use the plan & prepare notes to plan how, when, and where you will get your goods.
-  5. Get to know your local health food store and shops to know where to source your food.
-  6. Be sure to take your cloth or recyclable bags to avoid using plastic. We like to have a variety of sizes to put produce into at the shop.

Store Produce

-  1. Keeping your produce stored in green plastic bags will ensure the longest shelf life. Though, do keep in mind that even if they are food-grade and BPA-free plus recyclable, it is said that they don't truly biodegrade, yet instead they break down into micro pieces of plastic. Like to learn more?
<https://www.1millionwomen.com.au/blog/plastic-bags-whats-difference-between-degradable-compostable-and-biodegradable/>
-  2. We like using cloth bags to shop and store produce in. It's easy as well. Straight from the shop, to the fridge. Keep them in the crisper draw of the fridge for longer shelf life - in cloth bags.

Note:

Storing your food in bags removes the ethylene gas from produce that speeds up the decaying process.

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How To Clean Produce

1. It's a bit more effort, though anything you eat raw needs to be cleaned properly... unless you grow it yourself. If you have that good fortune, be sure to leave a bit of soil on the produce as that's where many of the nutrients live.
2. There are two highly effective ways to clean produce, one is with food grade hydrogen peroxide, and the other is with an Ozone 3 food sterilizer machine.

Food Grade Hydrogen Peroxide

1. Submerge produce in water. Add 1.5 caps of peroxide to every 2 liters of water. Soak for at least half hour, or overnight.
2. To soak bulk produce, use more 7 liter glass bowls (see in suggested kitchen equipment lesson).
3. Drain. Rinse well.



Ozone 3 Food Sterilizer Machine (this is Amy's personal fav)

1. Cover produce with filtered water.
2. Put tube from machine at the bottom of dish or sink.
3. Cover with a plate if needed to weigh down produce, so it's submerged in water.
4. Set the machine timer for 15 minutes.
5. Drain, rinse well.

It's fine to leave it overnight as well. Ozone water remains ozonated for about half hour after it's produced.

Cooking food for longer than 4 minutes doesn't require the above process. We highly recommend properly cleaning produce to kill viruses, mold, bacteria, parasites, etc., that may have been picked up in handling. Growing your own is most tasty, nutritious, and safe! You'll be amazed how much comes off in the water, and convinced about how important it is! It's worth the effort!

