

Recommended Practices for Safe Consumption of Homegrown Vegetables: Ways to Reduce Dietary Arsenic and Lead Ingestion



Wash your hands.

After gardening, and before vegetable washing.



Wash your vegetables before you bring them into the house.

This act can reduce the amount of arsenic and lead on your vegetables, and what is transported into your home.



Once inside your home, wash your vegetables again using a scrub brush to remove remaining soil particles.

Look at the shape of your vegetables - some can trap soil particles. For example, soil particles can get trapped in between the flower heads on broccoli, and leafy vegetables have large surface areas where soil can collect.



Pare and/or Peel.

Pare and/or peel root and tuber crops like carrots, radishes, and potatoes. Make sure you throw the parings and peelings away.



Mix it up!

Eat vegetables from your garden, the grocery store and farmer's market. Eating a mixture of homegrown and store bought can help reduce your potential exposure.



Do not compost unused plant parts, peelings or parings for use in the garden.

This act will reduce the recycling of arsenic and lead in your compost.

Arsenic and lead occur naturally in soils. Concentrations of arsenic and lead in soils may be 10 to 100 times greater than concentrations in the vegetables you grown in that soil. Because of this, it is crucial to remove soil particles that stick to your garden crops.

Above are important recommended practices.

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