



Five Steps to Food Safe
Home Gardening

Step 1 - Preparing the garden for planting
Step 2 - Maintaining the garden
(planting/growing)

Step 3 - Harvesting garden produce
Step 4 - Storing garden produce
Step 5 - Preparing and serving garden
produce

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Personal hygiene

Wash your hands with hot water and soap for at least 20 seconds after working in the garden, using the bathroom, before and after handling fresh produce, and before preparing fruits and vegetables.

Be aware of illness symptoms. If ill, especially diarrhea, have someone else do the gardening.

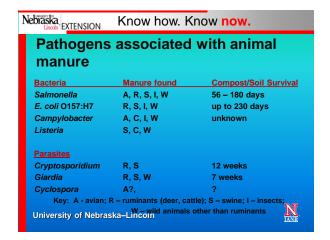
Avoid touching your mouth, lips, eyes, face, or hair when harvesting, handling, or preparing produce.

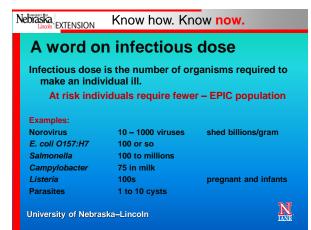
Cover open cuts and sores.

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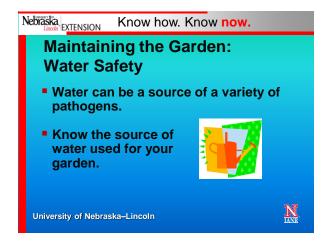


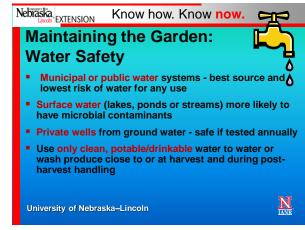


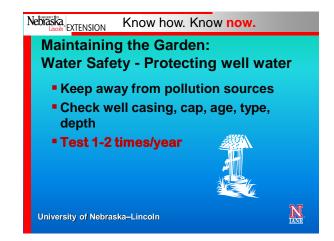


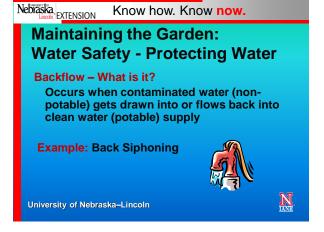


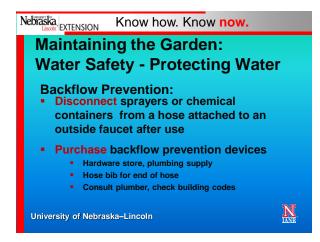






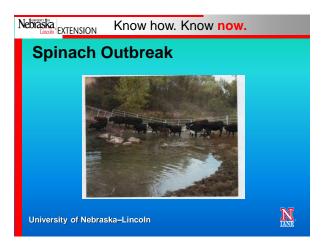












Maintaining the Garden:
Organic Gardening

Microbial food safety issues are a problem whether a gardener uses organic or conventional gardening methods.

Microorganisms are in the environment - air, soil or water

Five Steps to a food safe home garden must still be followed

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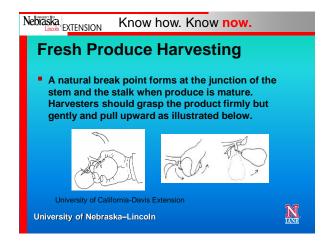






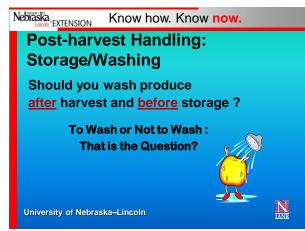












Post-harvest Handling:
Storage/Washing

Washing before storage requires thorough drying to prevent spoilage and mold growth. Store in clean bins or containers.

Not washing before storage - shake, rub, brush dirt off. Refrigerate in clean, plastic bags.

Some produce should not be washed before refrigerated storage (e.g. berries).

Refrigerated fruits and vegetables should be stored at 40 degrees Fahrenheit or less.

Always wash just prior to eating.

