

# How to Wash Lettuce or Leafy Greens



## BY HAND

1. Tear greens into bite-size pieces.
2. Fill large bowl with very cold water and swish greens around in it to remove dirt.
3. Lift greens out of water and put in colander or lay greens on paper towels to drain. Dry thoroughly.
4. To store, loosely pack greens in paper towel, and place in a sealable container or plastic bag pricked with small holes (squeeze out air). Refrigerate in crisper drawer.

## WITH A SALAD SPINNER

1. Remove the strainer (the plastic part in the center) from the salad spinner.
2. Tear or cut up your lettuce or other greens and dump them in the strainer.
3. Run cold tap water over the greens and shake them around until all the dirt is off.
4. Put the strainer back in the spinner and put the lid on.
5. Hold the spinner steady with one hand and press down on the top part or pull the ripcord with your other hand. Keep spinning fast for about 15 seconds.
6. Test for dryness and then repeat if needed.

