

## PUBLIC HEALTH FACT SHEET

No. 101.14

### ***FOOD SAFETY AND VEGETABLE GARDENS AFTER THE FLOOD***

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- Floodwater may have contaminated your vegetable or herb garden. Some garden produce may be salvaged and sanitising, peeling and cooking is recommended to prevent food borne illness. Follow these simple guidelines:
- Your garden will take about a month to become clean after floodwater inundations. Don't eat or preserve food during this time.
- Discard leafy greens such as lettuce, spinach, and Asian vegetables such as Pak Choy, as well as soft berries and herbs. These are highly susceptible to bacterial contamination that is difficult to remove from them.
- Wash beans, peas, tomatoes, capsicums in water, and then soak in a weak chlorine solution of 2 tablespoons chlorine bleach to 4 litres of water. Peel and cook them thoroughly before eating.
- For underground vegetables such as carrots and potatoes, wash in water and sanitise as above. Peel and cook thoroughly before eating.
- Produce with a protective fruit or impervious outer skin, such as peas, melons, corns or oranges, should be washed and disinfected before the outer shell, skin or husk is removed. Then shell, peel or husk the produce and cook if possible.

For more information contact Environmental Health on 1800 095 646.

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