HAND WASHING

There’s a proper way to wash your hands. Follow these steps before and after harvesting, and *always* before handling and eating food.

1. Wet your hands with warm, running water.

2. Apply soap.

3. Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.

4. Continue rubbing hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

5. Rinse well under warm, running water.

6. Dry your hands with a clean towel or an air dryer.