
Which water do I use to clean vegetables?

Posted by marceladevivo - 2008/05/01 19:55

I'm confused about which is the water that I use to clean vegetables. Also, which one do I use to clean the meat? And which one do I use to disinfect?

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Re:Which water do I use to clean vegetables?

Posted by what3david - 2008/07/04 16:56

You need to use the acidic Kangen water to disinfect. That is the pH of 2.5. That water can be used to soak meat in and it will kill bacteria, fungi, viruses in two minutes. TB (tuberculosis) is the only bacteria that takes longer than one minutes to kill.

I would clean the vegetables with the acidic water (pH 2.5), but you should cook the vegetables with alkaline water (pH 8.5 - 9.5). I don't know what your preferred method of cooking is but steaming is a great way, and if you want after steaming the water that you steamed with can be used as a base for a vegetable stew and is very healthy.

Hope this helps.
David

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