



## **Safe Consumption of Apple Cider and Apple Juice**

Unpasteurized cider could contain bacteria dangerous to children, the elderly, pregnant women, and people with weak immune systems. The primary bacteria of concern in these products is E. coli. In almost every case, contamination of the juice or cider has been linked to the use of windfall apples that have been contaminated with manure and not properly washed. Both cows and deer are known carriers of the E. coli bacteria.

Please do not bring apples that have fallen on the ground to the press. Do not bring wormy apples unless the wormy areas have been removed. Do not bring apples that have diseased or blemished areas without cutting out the bad spots.

To clean your apples, The Journal of Agricultural and Food Chemistry found the best method requires them to be soaked for 12 -15 minutes in a solution of one (1) teaspoon baking soda to two (2) cups of water, followed by a thorough rinse with water. A second cleaning option, recommended by The Dept. of Health, is to use a mild bleach solution, one ¼ capful of bleach per one (1) gallon of water as a rinse.

Customers will need to provide their own clean, wide-mouthed container with a lid for their cider to take home. All clean apples (in clean containers for transport) are to be quartered, the core is ok but no worms, please.

To pasteurize your cider, heat the cider to 160 degrees F for 6 seconds to ensure safety without drastically changing the flavor. Stir throughout the heating process. The CDC recommends boiling apple cider for 30 seconds to ensure safety. However, you should be aware that this treatment will change the flavor and it will be more like commercially pasteurized apple juice.

Store in the refrigerator for up to two (2) weeks. Cider may also be frozen for enjoyment at a later date after it has gone through the pasteurization process.

**Enjoy!**