



Consumer Guide: Ozone-Treated Fruits and Vegetables

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What is ozone treatment?

- Ozone (O₃) water or air is used to sanitize produce.
- It can reduce surface germs and some surface pesticide residues.
- It does not enter the flesh of the fruit/vegetable.

What it can do

- Lower surface microbes on some produce.
- Reduce some surface pesticide residues (not all).
- Helpful as part of a clean post-harvest process when properly managed.

What it cannot do

- Remove pesticides inside the tissue (internal residues remain).
- Replace good farming and handling practices.
- Improve nutrition or provide guaranteed "PQNK" health benefits.
- Preserve quality if overused (can cause color/texture changes and vitamin loss).

How to decide as a consumer

Organic status \neq ozone treatment: they are separate things.

Look for transparency:

- How is the ozone treatment done?
- Is the protocol validated for the specific crop?
- Are there safety checks and certifications?

Pair with good habits:

- Wash fruits and vegetables under running water.
- Use a soft brush for firm produce; rinse leafy greens.
- Refrigerate promptly and store properly to minimize spoilage.

Quick tips for buying

- Choose trusted suppliers with clear post-harvest practices.
- If available, ask for information on sanitation methods used.
- Compare options: ozone-treated vs. non-treated should come with clear evidence; don't rely on marketing alone.

Quick tips for handling at home

- Rinse under cool running water; don't rely on water alone to remove residues.
- For leafy greens, separate leaves and rinse thoroughly.

- Dry produce with a clean towel or air dry before storing.
- Keep produce refrigerated unless it's a shelf-stable item.

Pros and Cons at a glance

Pros:

- Potential reduction of surface pathogens.
- Possible reduction of some surface residues.
- Part of an integrated food-safety plan.

Cons:

- Not effective for internal contaminants.
- Can affect texture/appearance if misapplied.
- Not a substitute for good farming and handling practices.

Footnote: Any Production Process That Inundates Soil With Water, Disturbs Soil Through Tillage, Or Leaves Soil Bare Without Organic Mulch Cover Does Not Qualify As Natural Ecosystem Science For Production Agriculture.

PQNK, to be pronounced as 'picnic', which stands for Paedar Qudratti Nizam Kashatqari, and means: the regenerative & sustainable Pristine Organic Farming System.

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