

How to Use a Vegetable Peeler



It is important to rinse your produce before peeling it to avoid spreading any contaminants from the peel to the part you are going to eat.



A vegetable peeler consists of the handle and blade. The blade is either stationary or it can rock back and forth. If it rocks do not try to hold it still. The rocking will help you peel.



Glide the peeler down your produce, peeling away from yourself. Maintain a consistent amount of pressure so that the peeler glides smoothly. The blade is sharp and you should not need to press very hard.