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# Is It Safe To Drink Fresh-Pressed Apple Juice?

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**A weekly question/answer column**

**Is It Safe To Drink Fresh-Pressed Apple Juice?**

*Charlotte Brennand\* answers:*

The recent outbreak of E. coli 0157:H7 in unpasteurized apple juice has many worried. However, it shouldn't scare you away from apple juice or cider. If properly processed, it is completely safe.

- The biggest cause for concern is juice made from “windfall” apples, or apples that have fallen to the ground. Apples that have any contact with the ground have the potential for picking up whatever bacteria might be on the ground, including bacteria in fecal material from animals.
- To prevent this, apples should be washed thoroughly in water with one teaspoon chlorine added per five gallons of water, then rinsed thoroughly.
- Apples that have been picked off the tree are safer since they don't run the risk of picking up ground contaminants.
- The safest option is juice that has been pasteurized. Any harmful bacteria that may be present is killed through the pasteurization process.

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\* Charlotte Brennand is Utah State University Extension Food Safety Specialist