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Salads straight from the bag sure are handy and when the containers say "fresh," "pre-washed," and "thoroughly washed," you may think the greens are squeaky clean. But how clean are they?

Consumer Reports examined more than 200 packages to find out. The salad greens were bought in the New York metro area and covered 16 brands, including Dole, Earthbound Farm Organic, and Fresh Express.

The title gives it away, but I guess it wouldn't be newsworthy if there wasn't some sort of problem with a food. In this case, it was found that there were bacteria in some pre-packaged bags of lettuce that are marketed as ready to eat.

I guess the moral of this story is to always wash your food before you eat it. Better yet, why not start a garden and grow your own lettuce. I know it sounds extreme, but it really doesn't take a whole lot of room to grow vegetables. You can even get the special kits that grow things in your house. Unfortunately, this is the only way you will ever be able to know for sure what you are getting.

Click the link below to read the whole story.

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