

The "Dirty Dozen"

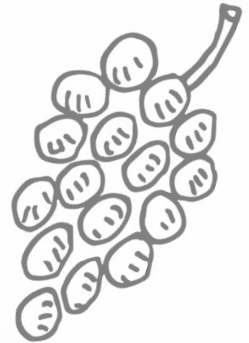
These 12 produce items are what the **Environmental Working Group** (EWG) calls the Dirty Dozen because they have the highest concentration of pesticides. I highly recommend always buying these organic.



Apples

Peaches

Nectarines

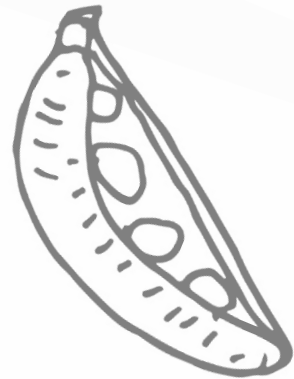


Strawberries

Grapes

Celery

Spinach



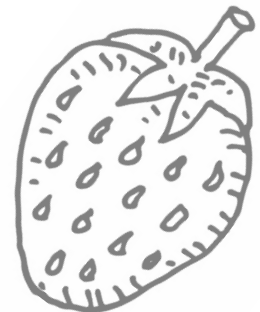
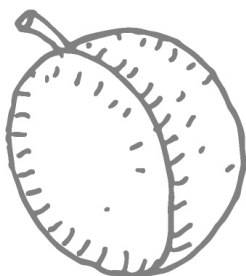
Sweet Bell Peppers

Cucumbers

Cherry Tomatoes

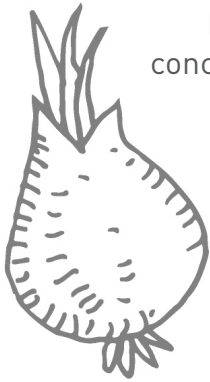
Snap Peas (imported)

Potatoes



The "Clean Fifteen"

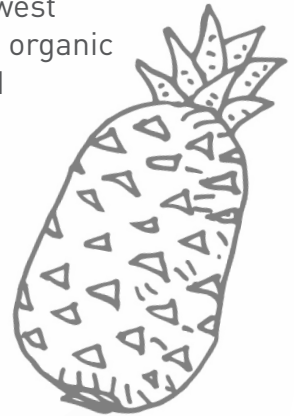
These 15 produce items are what the **Environmental Working Group** (EWG) calls the Clean Fifteen because they have the lowest concentration of pesticides. I still recommend buying these organic whenever possible, but there is less risk associated with these than the Dirty Dozen.



Avocados

Sweet Corn

Pineapples



Frozen Sweet Peas

Onions

Asparagus

Mangoes

Papayas

Kiwi

Eggplant

Grapefruit

Cantaloupe

Cauliflower

Sweet Potatoes

