

Shopper's Guide to Pesticides in Produce

Dirty Dozen

Buy these Organic

1



Apples

2



Celery

3



Strawberries

4



Peaches

5



Spinach

6



Nectarines
– imported

7



Grapes – imported

8



Sweet bell peppers

9



Potatoes

10



Blueberries
– domestic

11



Lettuce

12



Kale/collard greens

Clean 15

Non-organic ok

1



Onions

2



Sweet Corn

3



Pineapples

4



Avocado

5



Asparagus

6



Sweet peas

7



Mangoes

8



Eggplant

9



Cantaloupe
- domestic

10



Kiwi

11



Cabbage

12



Watermelon

13



Sweet potatoes

14



Grapefruit

15



Mushrooms