

Guide to Buying Organic

Dirty Dozen+ (Top to buy organic)

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes
- + Hot Peppers

Clean Fifteen (Lowest in pesticides)

1. Avocados
2. Sweet Corn*
3. Pineapple
4. Onions
5. Papaya*
6. Sweet Peas (Frozen)
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew Melon
15. Kiwi

* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.

Reference:

EWG's 2020 Shopper's Guide to Pesticide in Produce. (2019). Retrieved March 25, 2020 from Environmental Working Group: www.ewg.org