



Each year the Environmental Working Group (EWG) comes out with the Dirty Dozen of produce that is most pesticide-laden, and a Clean Fifteen, which have the least amount of pesticide found. If you are unable to get all produce organic, the Clean Fifteen are the safest to buy conventional.

GMO foods to always buy organic: corn, soy, papaya, sugar beets, canola*, cotton, alfalfa, summer squash & zucchini.

*Canola isn't good for you whether it's GMO or not.

Try to buy organic for produce that you eat the skin/do not peel. This list may vary slightly year-to-year.

The Dirty Dozen

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes

The Clean 15

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas (frozen)
- Eggplants
- Asparagus
- Cauliflower
- Cantaloupes
- Broccoli
- Mushrooms
- Cabbage
- Honeydew melon
- Kiwi