



SHOPPER'S GUIDE to

Pesticides in Produce

DIRTY DOZEN Buy these Organic!

1



Apples

2



Celery

3



Strawberries

4



Peaches

5



Spinach

6



Nectarines

7



Grapes

8



Sweet Bell Peppers

9



Potatoes

10



Blueberries

11



Lettuce

12



Kale/Collard Greens

CLEAN 13 Lowest in Pesticide

1



Onions

2



Sweet Corn

3



Pineapples

4



Avocado

5



Asparagus

6



Sweet peas

7



Mangoes

8



Eggplant

9



Cantaloupe

10



Kiwi

11



Cabbage

12



Watermelon

13



Sweet Potatoes