

# DIRTY DOZEN

*Highest in pesticides, buy organic:*

- Apples
- Bell Peppers
- Blueberries (domestic)
- Celery
- Cucumbers
- Grapes
- Lettuce
- Nectarines (imported)
- Peaches
- Potatoes
- Spinach
- Strawberries



+ Green Beans, Kale/Greens

*Info from: [www.ewg.org](http://www.ewg.org)*

# Clean 15

*Lowest in pesticides:*

- Asparagus
- Avocado
- Cabbage
- Cantaloupe (domestic)
- Corn
- Eggplant
- Grapefruit
- Kiwi
- Mangoes
- Mushrooms
- Onions
- Pineapples
- Sweet Peas
- Sweet Potatoes
- Watermelon



*Most pesticides*

*Least pesticides*