



Buying Organic

(updated 2019)

Having trouble affording or always finding organic produce? Here is a list of conventional, non-organic produce that have the least amount of pesticides (clean fifteen) and the highest amounts of pesticides (dirty dozen) to help make better non-organic food choices!

Clean Fifteen (low in pesticides):

Avocados	Asparagus
Sweet corn	Kiwis
Pineapples	Cabbages
Frozen sweet peas	Cauliflower
Onions	Cantaloupes
Papayas	Broccoli
Eggplants	Mushrooms
	Honeydew melons

Dirty Dozen (high in pesticides):

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