



Guide to Buying Organic

<u>Dirty Dozen</u>	<u>Clean Fifteen</u>
<u>(Top to buy organic)</u>	<u>(Lowest in pesticides)</u>
1. Strawberries	1. Avocados
2. Spinach	2. Sweet Corn*
3. Kale	3. Pineapples
4. Nectarines	4. Sweet Peas Frozen
5. Apples	5. Onions
6. Grapes	6. Papayas*
7. Peaches	7. Eggplants
8. Cherries	8. Asparagus
9. Pears	9. Kiwis
10. Tomatoes	10. Cabbage
11. Celery	11. Cauliflower
12. Potatoes	12. Cantaloupes
13. Hot Peppers	13. Broccoli
* 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 GMO.	14. Mushrooms
	15. Honeydew Melons