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WHEN TO CHOOSE ORGANIC PRODUCE, WHEN IT'S OKAY NOT TO (if you are on a budget)

*From the 2013 EWG Report

DIRTY DOZEN – Produce with the highest levels of pesticides/chemicals

Apples	Nectarines – imported
Celery	Peaches
Cherry Tomatoes	Potatoes
Cucumbers	Spinach
Grapes	Strawberries
Hot Peppers	Sweet bell peppers

***Plus – Collards, kale, summer squash, & zucchini (listed as pesticides with special concern)

CLEAN FIFTEEN – Produce with the lowest levels of pesticides/chemicals *I personally still mostly buy organic in these too

Asparagus	Mushrooms
Avocado	Onions
Cabbage	Papayas
Cantaloupe	Pineapples
Eggplant	Sweet corn
Grapefruit	Sweet peas
Kiwi	Sweet potatoes
Mangoes	