



# **PRODUCE** **GUIDE**

# Organic vs Conventional

The Environmental Working Group creates annual assessments on U.S. farming practices to determine which produce is pesticide-free and which is not. This does not take into account small- unaccredited -local farms.

When produce shopping use the grocery list below

## Dirty 12 - Buy organic when possible

- Strawberries
- Spinach
- Kale, Collard & Mustard Greens
- Nectarines
- Apples
- Grapes
- Cherries
- Peaches
- Pears
- Bell & Hot Peppers
- Celery
- Tomatoes

## Clean 15 - Buy conventional if you'd like

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas (frozen)
- Eggplant
- Asparagus
- Broccoli
- Cabbage
- Kiwi
- Cauliflower
- Mushrooms
- Honeydew Melon
- Cantaloupe