



2021

Shopping Guide for Organic Produce!

Dirty Dozen

Buy these organic!

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

Clean Fifteen

Ok to buy conventional

Avocado
Sweet Corn
Pineapple
Onion
Papaya
Sweet Peas (frozen)
Eggplant
Asparagus
Broccoli
Cabbage
Kiwi
Cauliflower
Mushrooms
Honeydew Melon
Cantaloupe

**It is still best to buy organic as often as possible, or non-GMO as second option.
Remember, non-GMO can still be sprayed with pesticides and herbicides!**

From ewg.org