

When it comes to produce, there's often the dilemma most shoppers face –

## ORGANIC OR CONVENTIONAL?

The Environmental Working Group, a nonprofit organization, crafts an annual “*dirty dozen*” and “*clean fifteen*” list, showing consumers what fruits and vegetables are usually *laden with the most pesticides*.

### DIRTY DOZEN

Fruits and vegetables that have high levels of pesticide residue on them include:

- strawberries
- spinach
- kale
- nectarines
- apples
- grapes
- peaches
- cherries
- pears
- celery
- potatoes



### CLEAN FIFTEEN

Fruits and vegetables that have low levels of pesticide residue on them include:

- avocados
- sweet corn
- pineapples
- sweet peas (frozen)
- onions
- papayas
- eggplants
- asparagus
- kiwis
- cabbage
- cauliflower
- cantaloupes
- broccoli
- mushrooms
- honeydew

