

To Buy Organic or Not?

Have you ever wondered what fruits and vegetables you should buy organic and which ones are just fine grown the “regular” way? Here’s your answer. The Environmental Working Group has created a list of the top 47 fruits and vegetables that are the “worst,” meaning they have the highest pesticide load.

Here are the worst 12: the “Dirty Dozen” with the heaviest pesticide load. Always try to buy these foods organic. 100 is the highest pesticide load, 1 is the least.

Peach	100
Apple	93
Bell Pepper	83
Celery	82
Nectarine	81
Strawberries	80
Cherries	73
Kale	69
Lettuce	67
Grapes	66
Carrot	63
Pear	63

Here are the 12 Best fruits and veggies that you don’t have to always buy organic:

Onion	1
Avocado	1
Sweet corn frozen	2
Pineapple	7
Mango	9
Asparagus	10
Sweet peas frozen	10
Kiwi	13
Cabbage	17
Eggplant	20
Papaya	20
Broccoli	28

For a complete list go to: www.ewg.org