

The Dirtiest Dozen

The following is a list of the fruits and vegetables known to have the highest pesticide residues. If you need to limit what you buy organic use this list to prioritize.

1. Apples – even peeling is not enough
2. Grapes
3. Strawberries
4. Blueberries
5. Nectarines and Peaches
6. Bell Peppers
7. Celery
8. Potatoes
9. Spinach
10. Lettuce
11. Kale
12. Collard Greens

The Cleanest Fifteen

Fruits and vegetables with less impact from pesticides and chemicals, these may be okay to consume when conventionally grown.

1. Pineapple
2. Kiwi
3. Watermelon
4. Grapefruit
5. Cantaloupe
6. Mangoes
7. Onions
8. Avocados
9. Sweet Corn
10. Sweet Peas
11. Sweet Onions
12. Sweet Potatoes
13. Asparagus
14. Cabbage
15. Eggplant

This list is by no means exhaustive. There is clear evidence pesticide and residues of chemicals used in farming may potentially cause harm. For example oranges have been shown to have over 16 pesticide residues found by the USDA Pesticide Data Program. Whenever possible buy organic and buy local!