

If you are picking and choosing when (or when not) to buy organic, here are two lists that can make the decisions easier.

The Dirty Dozen

1. Apples
2. Celery
3. Sweet Bell Peppers
4. Peaches
5. Strawberries
6. Nectarines – Imported
7. Grapes
8. Spinach
9. Lettuce
10. Cucumbers
11. Blueberries
12. Potatoes

****Buy Organic****

The Clean 15:

1. Onions
2. Sweet corn
3. Pineapples
4. Avocado
5. Cabbage
6. Sweet Peas
7. Asparagus
8. Mangoes
9. Eggplant
10. Kiwi
11. Domestic Cantaloupe
12. Sweet Potatoes
13. Grapefruit
14. Watermelon
15. Mushrooms