

The *Clean* FIFTEEN

&
THE

The *dirty* DOZEN

Asparagus
Avocados
Cabbage
Cantaloupe
Corn
Eggplant
Grapefruit
Kiwis
Mangos
Mushrooms
Onion
Papaya
Pineapple
Sweet Peas
Sweet Potatoes

Apples
Bell Peppers
Celery
Cherry Tomatoes
Cucumbers
Grapes
Hot Peppers
Nectarines
Peaches
Potatoes
Spinach
Strawberries

LOWEST
PESTICIDES

It's *okay* to skip organic

HIGHER
PESTICIDES

try to buy *Organic*

Quality



PRODUCE

