



2018

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CLEAN 15 & DIRTY 12

YOU NEED TO BUY ORGANIC IF THE ITEM IS ON THE DIRTY 12 LIST. THE CLEAN 15 HAS LOWER PESTICIDE LEVELS SO BUYING NON-ORGANIC IS OKAY.

CLEAN 15 LIST

- AVOCADO
- SWEET CORN
- PINEAPPLES
- CABBAGE
- ONIONS
- FROZEN SWEET PEAS
- PAPAYAS
- ASPARAGUS
- MANGOS
- EGGPLANT
- HONEYDEW MELON
- KIWI
- CANTALOUPE
- CAULIFLOWER
- BROCCOLI

DIRTY 12 LIST

- STRAWBERRIES
- SPINACH
- NECTARINES
- APPLES
- GRAPES
- PEACHES
- CHERRIES
- PEARS
- TOMATOES
- CELERY
- POTATOES
- SWEET BELL PEPPERS