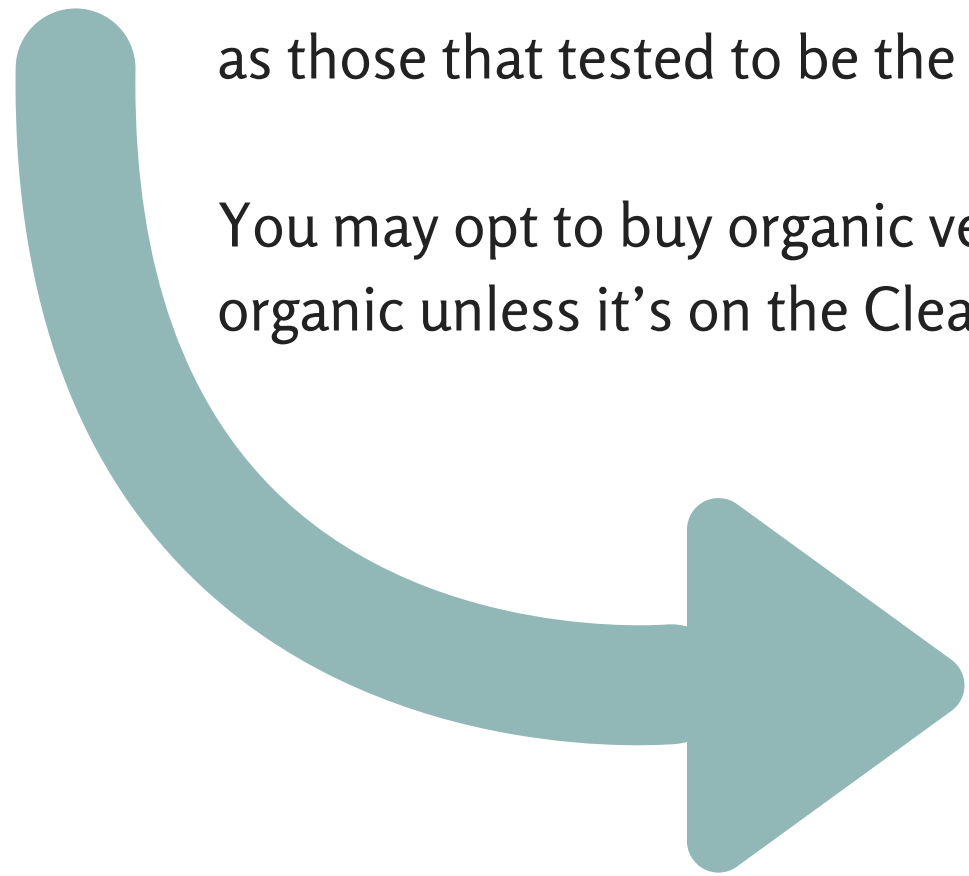




We encourage you to begin buying organic produce and animal foods. What is in or on your food (or was in or on the food Bessie ate whose milk you're now drinking) is worth some attention when you consider that there are over 350,000 historic and current pesticide products registered, and it is a \$12.5 billion industry in the U.S. alone. There can be as many as 165 different pesticides on a piece of produce.

“Organic” isn’t the only thing to consider when purchasing food, especially animal foods, but specifically with regards to vegetables and fruits we recommend buying at least some of them organic. It can impact your budget so we have included this list from the Environmental Working Group that shows the fruits and vegetables that tested to be the “dirtiest” as well as those that tested to be the “cleanest” when tested for pesticides.

You may opt to buy organic versions of only the produce found on the Dirty Dozen list. Or, you may want to buy everything organic unless it's on the Clean Fifteen list. Either way, we hope this helps you when you're at the grocery store!



THE CLEAN 15

- | | | |
|------------|-----------|-------------------|
| Avocados | Onions | Grapefruit |
| Sweet Corn | Asparagus | Cantaloupe |
| Pineapples | Mangoes | Cauliflower |
| Cabbage | Papayas | Sweet Potatoes |
| Eggplant | Kiwis | Frozen Sweet Peas |



THE DIRTY DOZEN

- | | | |
|--------------|--------------------|-----------------|
| Apples | Spinach | Cucumbers |
| Strawberries | Peaches | Cherry Tomatoes |
| Grapes | Sweet Bell Peppers | Snap Peas |
| Celery | Nectarines | Potatoes |
| Kale | Collard Greens | Hot Peppers |

