

Dirty Dozen and Clean Fifteen (2024)

Dirty Dozen - Buy Organic If Possible

1. Strawberries
2. Spinach
3. Kale
4. Grapes
5. Peaches
6. Pears
7. Nectarines
8. Apples
9. Bell Peppers
10. Cherries
11. Blueberries
12. Green Beans

Clean Fifteen - Lowest in Pesticides

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Frozen Sweet Peas
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Mangoes
13. Watermelon
14. Carrots
15. Sweet Potatoes