

The Dirty Dozen



1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Sweet Bell Peppers
11. Cherry Tomatoes
12. Cucumbers

The Clean Fifteen



1. Avocados
2. Sweet Corn*
3. Pineapples
4. Cabbage
5. Sweet Peas, Frozen
6. Onions
7. Asparagus
8. Mangos
9. Papayas*
10. Kiwi
11. Eggplant
12. Honeydew Melon
13. Grapefruit
14. Cantaloupe
15. Cauliflower

*Some sweet corn, papaya and summer squash sold in the U.S. is produced from GE seed stock. Buy organic varieties of these if you want to avoid GE produce.