



Green Plate Kids
Yummy • Healthy • Plates to Go

The Dirty Dozen- Organic Produce 101

Pesticides and herbicides made from synthetic chemicals are often used in conventional farming. These chemicals linger on foods long after they have been picked and shipped to your local grocery store. Organic farming methods use alternative means to keep their farms free of pests and weeds. As a result, organic produce is less contaminated with chemical pesticides and herbicides. Organic produce can be costly, however. If you are looking to consume foods with the lowest amount of chemicals and keep your grocery bill down, consider buying organic for the foods found to be most contaminated and you can still feel comfortable buying conventionally grown produce for those foods found to be least contaminated.

12 Most Contaminated

- ✓ Peaches
- ✓ Apples
- ✓ Sweet Bell Peppers
- ✓ Celery
- ✓ Nectarines
- ✓ Strawberries
- ✓ Cherries
- ✓ Pears
- ✓ Grapes (Imported)
- ✓ Spinach
- ✓ Lettuce
- ✓ Potatoes

12 Least Contaminated

- ✓ Onions
- ✓ Avocado
- ✓ Sweet Corn (Frozen)
- ✓ Pineapples
- ✓ Mango
- ✓ Asparagus
- ✓ Sweet Peas (Frozen)
- ✓ Kiwi Fruit
- ✓ Bananas
- ✓ Cabbage
- ✓ Broccoli
- ✓ Papaya

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