



YOUR GUIDE TO BUYING FRUIT AND VEGETABLES

DIRTY DOZEN

ALWAYS BUY ORGANIC

- 1) Strawberries
- 2) Spinach
- 3) Nectarines
- 4) Apples
- 5) Peaches
- 6) Pears
- 7) Cherries
- 8) Grapes
- 9) Celery
- 10) Tomatoes
- 11) Sweet Bell Peppers (Capsicum)
- 12) Potatoes

CLEAN FIFTEEN

OK TO BUY REGULAR

- 1) Avocados
- 2) Sweet Corn
- 3) Pineapples
- 4) Cabbage
- 5) Onions
- 6) Sweet Peas
- 7) Papayas (Paw Paw)
- 8) Asparagus
- 9) Mangos
- 10) Eggplant
- 11) Honeydew Melon
- 12) Kiwi Fruit
- 13) Rockmelon (Canteloupe)
- 14) Cauliflower
- 15) Broccoli

