

# dirty dozen

## ALWAYS BUY ORGANIC

1. APPLES
2. CELERY
3. CHERRIES
4. CHERRY TOMATOES
5. CUCUMBERS
6. GRAPES
7. NECTARINES
8. PEACHES
9. SPINACH
10. STRAWBERRIES
11. SWEET BELL PEPPERS
12. TOMATOES

# clean fifteen

## ORGANIC ISN'T NECESSARY

1. ASPARAGUS
2. AVOCADO
3. CABBAGE
4. CANTALOUPE
5. CAULIFLOWER
6. EGGPLANT
7. GRAPEFRUIT
8. HONEYDEW MELON
9. KIWI
10. MANGO
11. ONIONS
12. PAPAYAS
13. PINEAPPLE
14. SWEET CORN
15. SWEET PEAS

