

Organic Shopping List

Buy organic if you can The 2019 Dirty Dozen

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes

OK to buy nonorganic The 2019 Clean 15

- Avocados
- *Sweet corn
- Pineapples
- Sweet frozen peas
- Onions
- *Papaya
- Eggplant
- Asparagus
- Kiwis
- Cabbages
- Cauliflower
- Cantaloupes
- Broccoli
- Mushrooms
- Honeydew melons

*Some sweet corn, papaya, and summer squash sold in the U.S. is produced from GMO seed. If you want to avoid GMO produce, buy organic varieties.