



The Dirty Dozen And The Clean Fifteen

According to a new report from the nonprofit Environmental Working Group, if you're eating non-organic celery, you may be ingesting more than you bargained for. This group analyzed almost 100,000 USDA and FDA reports to determine just which fruits and vegetables are left with the highest (and lowest) amounts of pesticide residues.

The reason for the difference between these two groups is that the skin of certain produce items has a greater tendency to absorb the pesticides.

What about washing the produce?

Of course, all produce should be washed before consuming. However, keep in mind that the EWG made their list after the food had been "power-washed by the USDA". Thus, the residual pesticides of the dirty dozen have already become integral to the plant skin itself. For non-organic fruits and vegetables, the best precaution would be to first wash, than peel the skin from the produce.

For the "Clean Fifteen", it is not necessary to peel the skins, after washing.

The Dirty Dozen	The Clean Fifteen
1. Celery	1. Onions
2. Peaches	2. Avocados
3. Strawberries	3. Sweet Corn
4. Apples	4. Pineapples
5. Domestic Blueberries	5. Mango
6. Nectarines	6. Sweet Peas
7. Sweet Bell Peppers	7. Asparagus
8. Spinach, Kale, Collard Greens	8. Kiwi Fruit
9. Cherries	9. Cabbage
10. Potatoes	10. Eggplant
11. Imported Grapes	11. Cantaloupe
12. Lettuce	12. Watermelon
	13. Grapefruit
	14. Sweet Potatoes
	15. Sweet Onions