

Dirty Dozen +

GETTING STARTED

Clean 15

Get organic!

Apples
Strawberries
Grapes
Celery
Peaches
Spinach & Kale
Sweet Bell Peppers
Nectarines
Cucumbers
Cherry Tomatoes
Potatoes
Summer Squash

Beginner's
CHALLENGE

OK to buy conventional:

Sweet Corn
Onions
Pineapple & Kiwi
Avocado
Cabbage
Sweet Peas-frozen
Papaya & Mango
Asparagus
Eggplant
Grapefruit
Cantaloupe
Sweet Potatoes
Cauliflower