

# BEWARE: Pesticide Laden Fruits & Vegetables



For many, budgets are tighter than ever before. We all know that organic food is the more nutritious choice and we want to reduce our exposure to pesticides and toxins as much as possible, but is it essential to buy everything organic? The Environmental Working Group did a study to find the most and least pesticide laden fruits and vegetables.

This list can help you decide what you really need to buy organic and what you might not need to.

## Most Pesticide Laden

- ✓ Peaches
- ✓ Apples
- ✓ Bell Peppers
- ✓ Celery
- ✓ Nectarines
- ✓ Strawberries
- ✓ Cherries
- ✓ Kale
- ✓ Lettuce
- ✓ Grapes (imported)
- ✓ Carrots
- ✓ Pears

## Least Pesticide Laden

- ✓ Onions
- ✓ Avocados
- ✓ Sweet Corn
- ✓ Pineapple
- ✓ Mango
- ✓ Asparagus
- ✓ Sweet Peas
- ✓ Kiwi
- ✓ Cabbage
- ✓ Eggplant
- ✓ Papayas
- ✓ Watermelon
- ✓ Broccoli
- ✓ Tomatoes
- ✓ Sweet Potatoes

*The little sticky labels placed on fruits and vegetables can tell you whether they are organic, traditional (pesticides), or GM (genetically modified). The sticky label will have either a 4 or 5 digit code. Here is how to read them:*

Produce with a 4 digit code indicates that it was conventionally grown (pesticides).

A 5 digit code that begins with a 9 indicates that the produce was organically grown.

A 5 digit code that begins with an 8 indicates the product was genetically modified. In our opinion GM foods should be avoided – period.

### Remember, organic food still needs to be washed thoroughly!

A GREAT SPRAY WASH: Spray 3% hydrogen peroxide on your produce followed immediately by a spray of vinegar (apple cider vinegar is recommended). Rinse with purified water and your product is fit to eat. This method has been proven more effective at removing food borne pathogens than chlorine and is completely safe. You never want to mix vinegar and hydrogen peroxide in the same container as it is no longer effective as a disinfectant. Also, combining these two products forms an acid (peracetic acid) and can cause skin damage.