



UPDATED 2022

Dirty Dozen

- 1. Strawberries
- 2. Spinach
- 3. Kale, Collard & Mustard Greens
- 4. Nectarines
- 5. Apples
- 6. Grapes
- 7. Bell & Hot Peppers
- 8. Cherries
- 9. Peaches
- 10. Pears
- 11. Celery
- 12. Tomatoes

Clean 15

- 1. Avocados
- 2. Sweet Corn*
- 3. Pineapple
- 4. Onions
- 5. Papaya*
- 6. Sweet Peas (Frozen)
- 7. Asparagus
- 8. Honeydew Melon
- 9. Kiwi
- 10. Cabbage
- 11. Mushrooms
- 12. Cantaloupe
- 13. Mangoes
- 14. Watermelon
- 15. Sweet Potatoes

* A small amount of sweet corn, papaya and summer squash sold in the US is genetically engineered (GE) seed stock. Buy organic varieties of these crops if you want to avoid GE produce.