AISLE INTELLIGENCE

It may come as a shock to learn that in 2013 nearly two-thirds of the more than 3,000 produce samples tested by the U.S. Department of Agriculture contained pesticide residues. And there were a total of 165 different pesticides found on these samples!

While eating all-organic is one way of guaranteeing that the fruit and vegetables you consume are the healthiest, it's not always within budget—or even possible. Instead, try to follow these guidelines.

THE 2022 DIRTY DOZEN™ (+1)

The Environmental Working Group (EWG) has come up with a designation, called the "Dirty Dozen," to help consumers understand which produce is most pesticide-laden (and therefore should be prioritized as buying organic).

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

+1 Hot Peppers

TO NOTE:

- 1/3 of all STRAWBERRY samples had tested positive for 10 or more pesticides.
- 97 percent of conventional SPINACH samples contained pesticide residues, including relatively high concentrations of permethrin, a neurotoxic insecticide.
- More than 1/2 of conventionally grown PEARS (a relatively new addition to the list) tested had residues of five or more pesticides, compared to just 3 percent in 2010.

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AISLE INTELLIGENCE (continued)

The EWG has also come up with a designation, called the "Clean Fifteen™," to indicate which produce is least likely to be contaminated with pesticides and therefore OK to purchase conventionally. No single fruit sample from the Clean Fifteen™ tested positive for more than 4 types of pesticides. Multiple pesticide residues are extremely rare on Clean Fifteen™ vegetables: Only 5.5 percent of Clean Fifteen™ samples had two or more pesticides.

THE 2022 CLEAN FIFTEEN™

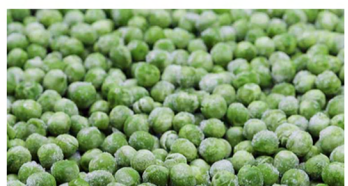
1. Avocados

2. Sweet corn*

3. Pineapple

4. Onions

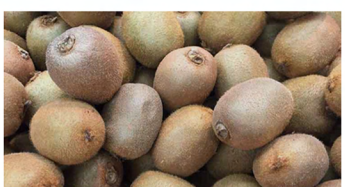
5. Papaya*



6. Sweet peas (frozen)

7. Asparagus

8. Honeydew melon

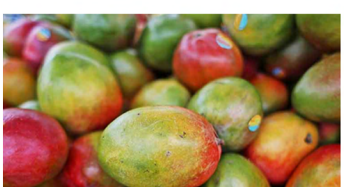


9. Kiwi

10. Cabbage

11. Mushrooms

12. Cantaloupe



13. Mangoes

14. Watermelon

15. Sweet Potatoes

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