

**Lowest # of Pesticides
OK NOT ORGANIC**

**most pesticides of lowest*

least pesticides

- Asparagus #
- Avocado #
- Bananas*
- Broccoli*
- Cabbage #
- Cantaloupe
- Cauliflower*
- Corn # ONLY non-GMO
- Eggplant
- Grapefruit
- Honeydew*
- Kiwi



- Mango #
- Mushrooms
- Onion #
- Oranges*
- Papaya #
- Peas - frozen #
- Peas-Snap, domestic*
- Pineapple #
- Scallions*
- Sweet Potatoes
- Tomato*
- Watermelon

**Most # of Pesticides
MUST BUY ORGANIC**



- Apples
- Bananas
- Blueberries
- Carrots
- Celery
- Cherries
- Cilantro
- Collards + Kale
- Corn only non-GMO
- Cucumbers
- Grapes
- Green Beans
- Lettuce (all)
- Nectarines-imported

- Peaches
- Pears
- Peas-Snap
- Peppers- Bell & Hot
- Plums
- Potatoes
- Raspberries
- Spinach
- Strawberries
- Summer Squash
- Tangerines
- Tomatoes-Cherry

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I print on this in color on yellow paper – share with friends & family!

Cut on solid black

Fold on grey

Trim edges

“Laminate” with clear packing tape if you have – if not, cover both sides with any clear tape

I carry this in my wallet for easy reference when shopping – easy to find since I print on bright yellow paper

Remember:

- *NO-GMO
- *Local grown is often best
- *Some farms grow organically but don't go for certification, so be sure to ask when buying from farm stands

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