

Appendix B - Organic Must-Haves and Clean Produce

Environmental Working Group (EWG), a non-profit organization focused on the protection of human health and the environment, analyzes the level of pesticide contamination found in various crops to create the EWG's Shopper's Guide to Pesticides in Produce™.

The report has been recommended by renowned professional organizations such as the American Academy of Pediatrics and supported by Dr. Andrew Weil, a medical expert on natural health, as well as Laurie David, environmental advocate and board member of the Natural Resources Defense Council (NRDC).

In 2020, EWG analyzed almost 44,000 samples taken by the USDA and FDA to rank 47 conventionally-grown fruits and vegetables with the highest and lowest levels of pesticide residues. Based on this data, the lists below were released.

Because organic produce may not be accessible and/or affordable to everyone, I believe these lists to be a good resource to decide which fruits and vegetables should be bought organic and which conventionally-grown produce is safe to consume.

Dirty Dozen for 2020

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

Clean Fifteen for 2020

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplants
8. Asparagus
9. Cauliflower
10. Cantaloupes
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew melon
15. Kiwi

This book discusses the negative effects of pesticides in the environment; however, medical experts also argue that ingestion of pesticide-heavy foods may lead to chronic health conditions.