



## DIRTY DOZEN Purchase Organically

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Apples	Spinach	Potatoes
Celery	Nectarines	Blueberries
Strawberries	Grapes	Lettuce
Peaches	Sweet Bell Peppers	Kale/Collard Greens/ Spinach

## CLEAN 15 Least Pesticides

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Onions	Sweet Peas	Cabbage
Corn	Mangoes	Watermelon
Pineapple	Eggplant	Sweet Potatoes
Avocado	Cantaloupe	Grapefruit
Asparagus	Kiwis	Mushrooms