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THE GreenGUIDE
From

Top Ten To Buy Organic
SMART SHOPPERS

THE GreenGUIDE Top 10 To Buy Organic

Conventionally grown fruit and vegetables can contain the residues of as many as 51 different pesticides, while organic has two thirds less. If you want to reduce your family's exposures, pick up organic varieties of these most contaminated "top ten":

FRUITS	VEGETABLES
Peaches	Spinach
Apples	Bell Peppers
Strawberries	Celery
Nectarines	Potatoes
Pears	Hot Peppers

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