

The Green Guide

Smart Shopper's Card

TOP 10 TO BUY ORGANIC

FRUIT

Peaches

Apples

Strawberries

Nectarines

Pears

VEGETABLES

Spinach

Bell Peppers

Celery

Potatoes

Hot Peppers

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."

for more information go to
www.thegreenguide.com