

THE DIRTY DOZEN: Buy Organic

Apples, Celery, Cherries, Grapes (imported),
Nectarines, Peaches, Pears, Potatoes, Red Raspberries,
Spinach, Strawberries,
Sweet Bell Peppers

THE SAFE DOZEN: Conventional okay

Asparagus, Avocado, Bananas, Broccoli, Cauliflower,
Kiwi, Mangoes, Onions, Papaya, Peas, Pineapples,
Sweet Corn

Lori Gregory, Ayurvedic Practitioner
www.LoriGregory.com