



TOP Fruits and Vegetables to buy **ORGANIC**

Rank	Fruit/Vegetable	Score
1.	Peaches	100 (highest pesticide load)
2.	Apples	89
3.	Sweet Bell Peppers	86
4.	Celery	85
5.	Nectarines	84
6.	Strawberries	82
7.	Cherries	75
8.	Pears	65
9.	Grapes (imported)	65
10.	Spinach	60
11.	Lettuce	59
12.	Potatoes	58
13.	Carrots	57
14.	Green Beans	53
15.	Hot Peppers	53
16.	Cucumbers	52
17.	Raspberries	47
18.	Plums	45
19.	Grapes (domestic)	43
20.	Oranges	42
21.	Grapefruit	40
22.	Tangerine	38
23.	Mushrooms	37
24.	Cantaloupe	34
25.	Honeydew Melon	31
26.	Tomatoes	30
27.	Sweet Potatoes	30
28.	Watermelon	28
29.	Winter Squash	27
30.	Cauliflower	27
31.	Blueberries	24
32.	Papaya	21
33.	Broccoli	18
34.	Cabbage	17
35.	Bananas	16
36.	Kiwi	14
37.	Sweet Peas – frozen	11
38.	Asparagus	11
39.	Mango	9
40.	Pineapples	7
41.	Sweet Corn – frozen	2
42.	Avocado	1
43.	Onions	1 (lowest pesticide load)

Source: Environmental Working Group