

Celery has no protective skin, which makes it almost impossible to wash off the chemicals that are used on conventional crops. There are 64 pesticide residues found by the USDA Pesticide Data Program, some of which are found 100% of the time. Strawberries are the most heavily treated crop in the U.S. covered with an average of 300 pounds of chemicals per acre. Apples have up to 42 chemicals, close to 50% being neuro-toxins. Bell Peppers have more than 49 different pesticides on them. Blueberries, Potatoes, and Spinach stepped in to take their place as produce that contributes to 90% of our chemical load. In addition, fungicides and chemical ripening agents are also found on them. Anything sprayed on a peach, with their soft, fuzzy, and very porous skin, is going to be there when you eat it, no matter how well you wash it. Peaches are the worst of all fruits as far as pesticide go containing 62 pesticide residues. Spinach has on it some of the most powerful toxins available. Do I need to go on?

THE DANGER ZONE... AVOID UNLESS ORGANIC!

Celery
 Peaches
 Strawberries
 Apples
 Blueberries
 Nectarines
 Sweet Bell Peppers
 Spinach
 Cherries
 Kale/Collard Greens
 Potatoes
 Grapes (imported)

SO-SO LEVELS... SO USE CAUTION!

Oranges
 Carrot
 Raspberries
 Green Beans
 Hot Peppers
 Cucumbers
 Mushrooms
 Grapes (Domestic)
 Fresh Winter Squash
 Apricots
 Butter
 Peanuts
 Red Raspberries
 Lettuce
 Pears

BETTER... BUT NOT PERFECT!

Apple Sauce
 Plums
 Grapefruit
 Tangerine
 Apple Juice
 Tomatoes
 Sweet Potatoes
 Cauliflower
 Canned Tomatoes
 Papaya
 Canned Pears
 Bananas
 Broccoli

AHH... BEST OF THE BUNCH!

Onions
 Avacado
 Sweet Corn (Frozen)
 Pineapples
 Mango
 Sweet Peas
 Asparagus
 Kiwi Fruit
 Cabbage
 Eggplant
 Cantaloupe (Domestic)
 Watermelon
 Grapefruit
 Sweet Portatoes
 Honeydew Melon