

What to Buy Organic and What You Can Buy Non-Organic



Fruits (*Buy these organic*)

Apples – Multiple pesticides are found on apples- a favorite food of many children

Apricots, nectarines, peaches – Most stone fruits are highly likely to contain pesticide residues

Cherries – During their growth cycle, cherries are sprayed 8 to 10 times with various pesticides and other chemicals, and are likely to contain pesticide residue

Grapes (Imported) – Buy only organic or avoid imported grapes entirely, especially for children. Imported grapes may be fumigated with highly toxic methyl bromide.

Lemons, limes, oranges – Most pesticide residue is concentrated in the peel, so buy organic when using peel in baking or drinks

Pears – Highly likely to contain pesticide residues after harvest

Raspberries – Highly likely to contain pesticide and fungicide residue – *pick or buy locally*

Strawberries – When the USDA's pesticide data program releases its annual list of produce samples with residues that exceed tolerable levels, strawberries appear more often. *Pick from a reliable farm or buy locally from an organic farm. Or grow your own.*

Fruits (*You can buy these non-organic, but wash them to remove any residue*)

Blueberries – Have low pesticide residues– *buy locally*

Cantaloupe (Domestic) – It's OK to eat domestically grown non-organic melons in season. However, cantaloupes imported from Mexico frequently test positive for pesticide residues (*out of season, buy organic*)

Bananas – Low pesticide residues and a thick skin made non-organic an acceptable choice. Fair-trade or organic bananas are often the same price as non-organic.

Grapes (Domestic) – Grapes grown in the U.S. typically test low for pesticide residue. Non-organic grapes are fine but for small children organic is the best choice

Grapefruit, Tangerines – Among citrus fruits, both rank low in pesticide residue. Most pesticide residue is concentrated in the peel. Buy organic if using the peel

Mangoes – This thick skinned tropical fruit typically has little or no pesticide residue

Watermelon – Pesticides do not work well for this crop therefore, you should be quite safe

Nuts, Seeds & Legumes (*Buy organic*)

Almonds – Many toxic pesticides and herbicides are used on almond trees. If you eat almonds daily, buy organic

Peanuts (and peanut butter) – Peanuts are grown underground and are known to absorb toxins from the soil.

Pecans- If you can find organic pecans, they're a good choice because pecan trees tend to be sprayed frequently, herbicides, and matricides'

Soy Foods – Soy foods, soymilk and tofu are so processed that few pesticide residues remain; however, several very toxic pesticides are used to grow conventional soybeans. (*soy products are usually not good for those worried about cancer, it increases risks for hormone sensitive cancers, then you should only use fermented soy products*)

Nuts, Seeds & Legumes (*you can buy these non-organic*)

Beans – Dried beans are usually washed, soaked, rinsed, and boiled, so insecticide residues are likely removed in the process.

Cashews – Are grown almost exclusively in tropical locations where pesticides are rarely used.

Macadamia Nuts – Few pesticides are used, if any.

Sesame Seeds – Organic is better, but pesticide residues are minor in non-organic sesame seeds and oils

Vegetables (*Buy Organic*)

Beets – Thin skinned veggies that grow underground can absorb pesticides and heavy metals. Organic is best.

Bell Peppers (all colors) – Conventionally grown peppers are highly likely to contain multiple pesticide residues

Carrots – Carrots are so good at absorbing heavy metals from soil, they are sometimes grown as a throw away crop to rid a field of lead or arsenic contamination. **Always buy organic.**

Celery – Is the vegetable most likely to contain pesticide residues. 82% of samples have tested positive, they suck up the pesticides in their thirsty cells

Collard & Salad greens, Swiss chard – Leafy greens that grow close to the ground tend to have high pesticide residue levels

Cucumbers – Highly toxic organophosphate pesticides are used on conventionally grown cucumbers

Green Beans – Sprayed multiple times with pesticides, herbicides, and fungicides

Potatoes – Especially russets are highly likely to contain multiple pesticide residues

Spinach – Is often grown in less-than-ideal conditions, so conventional farmers use significant amounts of pesticides, fungicides and herbicides. More than 60% of the non-organic spinach tested by the FDA contains pesticide residue, including DDT and permethrin

Winter Squash -Mild pesticides are used on hard winter squashes. Conventionally grown winter squash is coated with an oily wax, making the skin inedible. Organic is a better choice but non-organic is acceptable if you don't eat the skin. (*buy organic if you are eating the skin otherwise use non-organic*)

Vegetables (*You can buy non-organic*)

Asparagus – Does not appeal to many pests and is rarely treated with pesticides

Avocados – Low pesticide residues and a thick skin make non-organic avocados an acceptable choice

Broccoli, Brussels Sprouts, Cauliflower, Cabbage – Pesticides don't work well on these veggies so few are used.

Corn, sweet – Although it may be sprayed with herbicides and some pesticides, sweet corn almost never contains pesticide residue (*buy locally in season*)

Eggplant (all varieties) – Because it is selectively sprayed with minimally toxic pesticides, eggplant rarely contains pesticide residue

Garlic – Has natural pest control and is rarely sprayed

Onions (all) – Have natural pest control and are not sprayed much. Green onions are sometimes sprayed with an herbicide. Organic is better, but non is acceptable

Rhubarb – Pesticides are almost never used on rhubarb, as the leaves are already highly toxic to many creatures including humans

Sweet Potatoes – Pesticides do not work well for this crop and are used sparingly

Tomatoes – Buy local tomatoes. **Always.** If you cannot find them, buy whatever tomato smells the closest to a homegrown tomato

Zucchini – Does not tolerate many pesticides and herbicides, but the pesticides used on this crop include several known carcinogens

Dairy (*Organic is best!*)

Butter – Typically shows low pesticide levels, but pesticide residues are stored in fat and butter is nearly all fat

Cheese – is mostly fat, and pesticides and persistent organic pollutants tend to accumulate in animal fat. Organic cheese is best, but hard to find. For children, buy only organic. Local cheese may be a good option. **BUY LOCAL**

Eggs – Local pastured eggs are wonderful if you have access to a farm. If not, organic eggs are the next best choice, followed by cage-free eggs. **BUY LOCAL**

Milk, Yogurt – Organic milk and milk products contain no hormones or antibiotics. Organic milk is highly recommended.

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