green pouch

CLEAN FIFTEEN okay to buy conventional								
No.	Asparagus	Je	Avocados		Cabbage			
Constant of the second	Cantaloupe		Sweet Corn		Eggplant			
	Grapefruit	8	Kiwi	۲	Mango			
S.	Mushrooms	20	Onion		Papaya			
Ĵ	Pineapple	Ŵ	Sweet peas - frozen		Sweet Potatoes			

DIRTY DOZEN buy organic whenever possible								
ĕ	Apples	N.	Celery		Cherry Tomatoes			
	Cucumbers	N	Grapes		Kale/Collards			
	Nectarines - imported	ž	Peaches		Potatoes			
<i>1</i>	Spinach	**	Strawberries	9	Sweet Bell Peppers			

*source: Environmental Working Group

little green Pouch[®] for inspiration and recipes visit <u>www.littlegreenpouch.com</u>