

### Vegetables - Summary

**All Good:** Asparagus, Basil~, Broccoli, Cabbage, Carrots, Cauliflower~, Cilantro, Cucumbers~, Eggplant, Lettuce, Mushrooms, Olives (canned), Onions, Peas (sweet, snap~), Sweet Potatoes, Radishes\*, Scallions, Squash (summer, winter), Tomatoes (canned, fresh\*), Squash (summer, winter).

**ORGANIC:** Celery\*, Greens (Collard\*, mustard~), Peppers (bell, hot), Spinach (frozen~).

**US ORGANIC only:** Green Beans, Kale (Imported Organic OK).

**Imported ORGANIC only:** Spinach (fresh, other OK).

**NONE:** Potatoes (Organic OK), Spinach (canned).

~ Imported Non-Org only OK. \* US Non-Org only OK.

Vegetable	Form	BUY
Asparagus		ALL
Basil		ALL (Imported Non-org OK)
Broccoli		ALL
Cabbage		ALL
Carrots		ALL
Cauliflower		ALL (Imported Non-org OK)
Celery		ORGANIC (US Non-org OK)
Cilantro		ALL
Cucumbers		ALL (Imported Non-org OK)
Eggplant		ALL
Green beans		US ORGANIC
Greens, Collard		ORGANIC (US Non-org OK)
Greens, Mustard		ORGANIC or Imported
Kale		US ORGANIC (Imported Organic OK)
Lettuce		ALL
Mushrooms		ALL
Olives	canned	ALL
Onions		ALL
Peas, sweet	can/froz	ALL
Peas, snap		ALL (Imported Non-org OK)
Peppers, Bell		ORGANIC
Peppers, Hot		ORGANIC
Potatoes		NONE (Organic OK)
Radishes		ALL (US Non-org OK)
Scallions		ALL
Spinach	fresh	Imported ORGANIC (other OK)
Spinach	canned	NONE
Spinach	frozen	ORGANIC or Imported
Squash, summer		ALL
Squash, winter		ALL
Sweet Potatoes		ALL
Tomatoes	fresh	ALL (US Non-org OK)
Tomatoes	canned	ALL

Personal interpretation of pesticide content ratings by *Consumer Reports Magazine*, May+June 2024, pp 34-35.

### Fruits - Summary

**All Good:** Apples\*, Applesauce, Bananas, Cantaloupe, Cranberries, Grapefruit, Kiwifruit, Mangoes, Oranges, Peaches (canned/frozen), Plums, Prunes, Raisins, Tangerines.

**ORGANIC:** Blueberries, Grapes~\*, Peaches~\*, Pears~\*, Strawberries (fresh\*), Strawberries (frozen), Watermelon~.

~ Imported Non-Org only OK. \* US Non-Org only OK.

Fruit	Form	BUY
Apples		ALL (US Non-Org only OK)
Applesauce		ALL
Bananas		ALL
Blueberries	fresh	ORGANIC
Blueberries	frozen	ORGANIC
Cantaloupe		ALL
Cranberries	fresh/can	ALL
Grapefruit		ALL
Grapes		ORGANIC (Non-org OK)
Kiwifruit		ALL
Mangoes		ALL
Oranges		ALL
Peaches	fresh	ORGANIC (Non-org OK)
Peaches	can/froz	ALL
Pears		ORGANIC (Non-org OK)
Plums		ALL
Plums (Prunes)	dried	ALL
Raisins	dried	ALL
Strawberries	fresh	ORGANIC (US Non-org OK)
Strawberries	frozen	ORGANIC
Tangerines		ALL
Watermelon		ORGANIC (Imported Non-Org OK)

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