

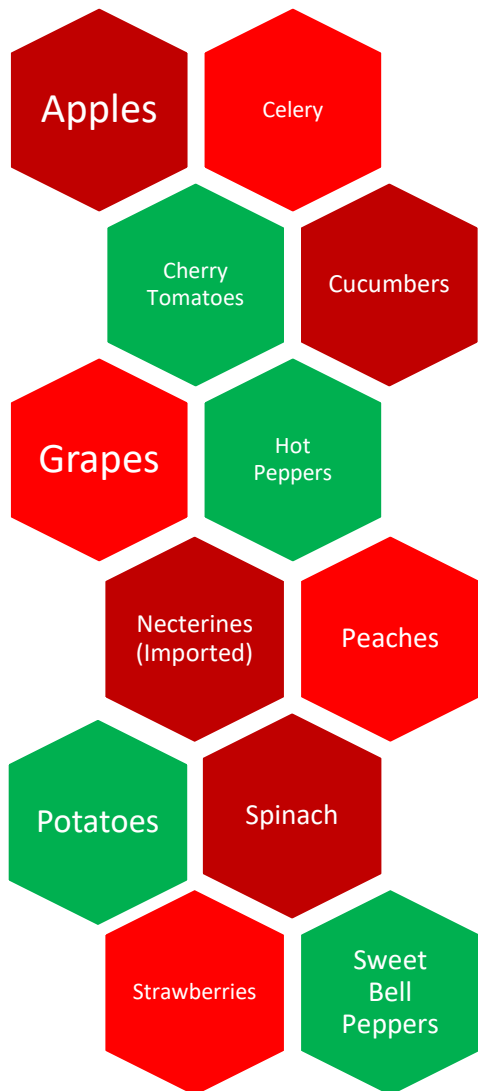
The Dirty Dozen



..... Foods to Buy Organic

The Environmental Working Group publishes an annual list of fruits and vegetables that have the potential to contain the highest amounts of pesticide residue.

It is recommended that these foods be purchased as organic:



Organic refers to foods produced without using conventional pesticides, synthetic fertilizers or sewage sludge, bioengineering (GMO), or ionizing radiation. Meat, poultry, eggs, and dairy products are considered organic if they come from animals NOT given antibiotics or growth hormones. Farms producing organic foods are government inspected for farming practice compliance before being given the label "Organic".

NOTE: Kale/Collard Greens and Summer Squash continue to be on this list each year.

For more consumer information of food, health, and the environment go to www.ewg.org