

THE ENVIRONMENTAL WORKING GROUP (EWG)DIRTY DOZEN & CLEAN FIFTEEN LIST 2022

DIRTY 12

1. Strawberries
2. Spinach
3. Kale, Collard, Mustard Greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell & hot peppers
11. Celery
12. Tomatoes

CLEAN 15

1. Avocado
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honey Dew melon
15. Canteloupe

*DIRTY DOZEN

For the 2019, Dirty Dozen list, EWG singled out produce with the highest loads of pesticide residues.

Key findings: More than 90 percent of samples of strawberries, apples, cherries, spinach, nectarines, and kale tested positive for residues of two or more pesticides. Multiple samples of kale showed 18 different pesticides.

Kale and spinach samples had, on average, 11 to 18 times as much pesticide residue by weight than any other crop.

*CLEAN FIFTEEN

The Clean Fifteen are produce items that tend to have the least pesticide residues.

Key findings: Avocados and sweet corn were the cleanest. Less than 1 percent of samples showed any detectable pesticides. More than 70 percent of Clean Fifteen fruit and vegetable samples had no pesticide residues.

With the exception of cabbage, all other produce on the Clean Fifteen tested positive for less than four pesticides. Multiple pesticide residues are extremely rare on Clean Fifteen vegetables. Only 6 percent of Clean Fifteen fruit and vegetable samples had two or more pesticides.

* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.

