




Your Elegant Organic Choices Guide

 **Best – Choose Organic if Possible** *These tend to hold more pesticides, so organic is a beautiful choice.*

- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Leafy greens (lettuce, kale, spinach etc)
- Herbs (basil, cilantro, parsley etc)
- Tomatoes
- Cucumbers
- Zucchini
- Potatoes
- Peppers
- Celery
- Lemons

 **Better – Organic if Convenient** *These can have moderate pesticide levels, so organic is helpful when convenient.*

- Apples
- Cherries
- Peaches
- Plums
- Apricots
- Grapes
- Pears
- Figs
- Sweet potatoes
- Carrots
- Asparagus
- Cauliflower
- Cabbage

 **Okay – Non-Organic is Fine** *These have thick skins or naturally low pesticide levels, so non-organic is generally fine.*

- Avocados
- Bananas
- Oranges & Tangerines
- Dates
- Coconut
- Pineapple
- Onions
- Mangoes
- Watermelon