



Selecting Fruits and Vegetables

Healthy, In-Season, and Within Budget

Healthy diets contain a large percentage of fruits and vegetables filled with fiber, vitamins, and minerals. Green vegetables in particular, provide an alkaline source of nutrients that our bodies need to function optimally. Fruits provide us with energy and are high in antioxidants. Whether raw or cooked, consider incorporating a wide variety of fruits and vegetables into your daily diet.

Did you know? Most of today's produce, unless organic, contains toxins from pesticides and other chemicals used in the growing process.

Make an effort to purchase locally and in-season to ensure freshness and reduce the costs associated with transportation.

Whenever possible, grow your own produce or participate in community gardens that use non-toxic chemicals.

The Environmental Working Group (EWG) tests produce annually to determine the levels of toxicity. To learn more... www.ewg.org/foodnews/summary.php

The EWG produces and makes available a **Dirty Dozen and Clean Fifteen** list to help consumers select the cleanest produce. www.ewg.org/foodnews

There is significant benefit from purchasing as much organic produce as possible when available and within budget. For example, while there are currently no leafy greens listed on the EWG's Dirty Dozen list, they do have large amounts of pesticides, and you may want to purchase organic options of these items.

The following 2016 EWG list includes many types of fruits and vegetables, and represents their current findings. Be sure to check their list each year as their recommendations can change.

Selecting Fruits and Vegetables

Healthy, In-Season, and Within Budget

Produce listed in **green** followed by a C is considered clean (less toxic).

Produce listed in **red** followed by a D is considered dirty (more toxic).

The remaining list of produce, unless organic, contain various levels of toxins, but still provide many nutrients and value to a diet.

Spring

- Artichokes
- Arugula
- **Asparagus (C)**
- Broccoli
- Butter (Bibb) Lettuce
- Cauliflower
- Chives
- Collard Greens
- Fennel
- Green Beans
- Jicama
- Mustard Greens
- Radicchio
- Red Leaf Lettuce
- Rhubarb
- Snow Peas
- **Spinach (D)**
- Spring Greens
- Sugar Snap Peas
- **Sweet Peas (C)**
- **Vidalia Onions (C)**
- Watercress

- Apricots
- **Grapefruit (C)**
- **Honeydew Melons (C)**
- Limes
- **Mangos (C)**
- Oranges
- **Pineapples (C)**
- **Strawberries (D)**

Summer

- Arugula
- Beets
- Broccoli
- Butter (Bibb) Lettuce
- **Cherry Tomatoes (D)**
- **Cucumbers (D)**
- **Eggplant (C)**
- Green Beans
- Hot Peppers
- Okra
- Radishes
- Red Leaf Lettuce
- Snow Peas
- Sugar Snap Peas
- Summer Squash
- **Sweet Corn (C)**
- Swiss Chard
- **Tomatoes (D)**
- Zucchini

- Apricots
- Asian Pears
- Black Currants
- Blackberries
- Blueberries
- Boysenberries
- **Cantaloupe (C)**
- **Cherries (D)**
- Elderberries
- Figs
- **Grapes (D)**
- **Honeydew Melons (C)**
- Limes
- Loganberries
- **Nectarines (D)**
- Passion Fruit
- **Peaches (D)**
- **Pineapples (C)**
- Plums
- Raspberries
- **Strawberries (D)**
- Watermelon

Fall

- Acorn Squash
- Arugula
- Broccoli
- Brussel Sprouts
- Butter (Bibb) Lettuce
- Buttercup Squash
- Butternut Squash
- **Cauliflower (C)**
- Daikon Radish
- Hot Peppers
- Jerusalem Artichoke
- Jicama
- Kale
- Kohlrabi
- Pumpkin
- Radicchio
- Sweet Potatoes
- Swiss Chard

- Asian Pears
- Cape Gooseberries
- Cranberries
- **Grapes (D)**
- Huckleberries
- Kumquats
- Passion Fruit
- Pear
- Pomegranates
- Quince

Winter

- Acorn Squash
- Brussel Sprouts
- Buttercup Squash
- Butternut Squash
- Cauliflower
- Collard Greens
- Jicama
- Kale
- Sweet Potatoes
- Winter Squash

- Clementine
- Dates
- Grapefruit
- **Kiwi (C)**
- Oranges
- Passion fruit
- Pears
- **Pineapples (C)**
- Pomegranate
- Red Currants
- Tangerines

Year-Round

- Beet Greens
- **Bell Peppers (D)**
- Bok Choy
- Broccoli
- **Cabbage (C)**
- Carrots
- **Celery (D)**
- Celery Root
- Endive
- Lettuce
- Mushrooms
- **Onions (C)**
- Parsnips
- Shallots
- Turnips

- **Apples (D)**
- **Avocados (C)**
- Bananas
- Lemons
- **Papayas (C)**

