

VEGGIE LIST 2026

“Dirty 15” – highest amount of pesticide residues

spinach	grapes	black berries
kale	nectarine	pears
collard greens	peaches	potatoes
mustard greens	cherries	blueberries
strawberries	apples	green beans
		bell & hot peppers

“Clean Fifteen” – lowest amount of pesticide residues

pineapple	sweet peas (frozen)	mangoes
sweet corn (sweet)	asparagus	bananas
avocado	cabbage	carrots
papaya	cauliflower	mushrooms
onion	watermelon	kiwi

Environmental Working Group “Dirty Dozen” and “Clean Fifteen”