

Buy Organic

- farmed fish
- beef
- dairy
- apples
- bell peppers
- carrots
- celery
- cherries
- grapes
- kale
- lettuce
- nectarines
- peaches
- pears
- strawberries

OK to Buy Nonorganic

- asparagus
- avocados
- cabbage
- eggplant
- kiwi
- mangoes
- onions
- papayas
- pineapples
- sweet corn
- sweet peas
- watermelon