

The Environmental Working Group's

2022 Dirty Dozen List

The fruits and veggies with the most pesticide residues



1. Strawberries*



2. Spinach*



3. Kale, Collard & Mustard Greens



4. Nectarines



5. Apples



6. Grapes



7. Bell & Hot Peppers



8. Cherries



9. Peaches



10. Pears



11. Celery



12. Tomatoes

***Strawberries and Spinach** were the worst offenders for a sixth straight year.

A single sample of kale, collard & mustard greens had up to 21 different pesticides.

AlgaeCal

Source: <https://www.ewg.org>