

What if you can't afford to buy organic produce?

Organic produce is the best for our health and that of farmers and the environment. So, it would be ideal if everyone bought only organic food. However, many are tightening their budgets due to the economy or holiday spending, so I'd like to offer a way to safely compromise. Below I've listed the commercial foods that are typically the most contaminated with pesticides. That is where buying organic will make the biggest difference.

Apples, Bell Peppers, Celery, Cherries, Imported Grapes, Nectarines, Peaches, Pears, Potatoes, Red Raspberries, Spinach and Strawberries .

Follow this link for more information and a printable form to take to the market. It shows the most and least contaminated foods.

http://www.radiomartie.com/articles/organic_choices.shtml