



Top 12 Fruits and Vegetables You Should Buy Organic - Why Buy Organic?

Why buy organic?

By [Brett Moore](#), About.com Guide

There's lots of reasons to buy organic. First, it's better for the environment. No pesticides means healthier soil, water, and wildlife. Buying organic supports small farmers. Organic farmers can earn a fairer price for organic produce compared to factory farming. Organic farming is good for biodiversity. Organic farmers are growing a wide variety of non-genetically modified (non-GMO) fruits and vegetables. Where factory farming has shrunk our choices in the supermarket to one or two types of any produce variety, organic farmers are resurrecting many heirloom varieties.

Finally, organic foods are healthier for you. The research on whether consuming organic food is healthier for people remains inconclusive. However, the USDA's own tests show that most non-organic produce contain residual pesticides **even after washing**. The long term effects of consuming these pesticides has not been sufficiently studied, but they can't be good for you.

In a perfect world, we would buy all of our groceries organic. Unfortunately, organic food is still more expensive (although the price is continually dropping) or even unavailable. To make wiser consumer choices here is a list of produce with the highest level of pesticide contamination. The following list is based on information and studies by the United States Department of Agriculture ([USDA](#)), [Consumer Reports](#), and the [Environmental Working Group](#).

1. **Nectarines** – 97.3% of nectarines sampled were found to contain pesticides.
2. **Celery** – 94.5% of celery sampled were found to contain pesticides.
3. **Pears** – 94.4% of pears sampled were found to contain pesticides.
4. **Peaches** – 93.7% of peaches sampled were found to contain pesticides.
5. **Apples** – 91% of apples sampled were found to contain pesticides.
6. **Cherries** – 91% of cherries sampled were found to contain pesticides.
7. **Strawberries** – 90% of strawberries sampled were found to contain pesticides.
8. **Imported Grapes** – 86% of imported grapes (i.e. Chile) sampled were found to contain pesticides.
9. **Spinach** – 83.4% of spinach sampled were found to contain pesticides.
10. **Potatoes** – 79.3% of potatoes sampled were found to contain pesticides.
11. **Bell Peppers** – 68% of bell peppers sampled were found to contain pesticides.
12. **Red Raspberries** – 59% of red raspberries sampled were found to contain pesticides.

Here is a list of fruits and vegetables found to contain the least amount of pesticides. Notice that many of these have thick, inedible skins which protect the fruit.

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn (However, almost all corn is genetically modified)
- Kiwi
- Mangoes
- Onions
- Papaya
- Pineapples
- Sweet Peas