



Organic or regular vegetables and fruit

In the column below you can see which fruits and vegetables you can better buy organically and which can also not be bought organically.

Fruit and vegetables that you should eat organically	Fruit and vegetables that you may not need to eat organically
Apples Pears Peaches Nectarines Strawberries Blue berries Cherries Grapes Currants Lemons Mandarins Oranges Celery Lettuce Potatoes Spinach Paprika's Cucumber Cherry tomatoes Sugar snap Carrots Hot pepper	Cantaloupe melon Grapefruit Bananas Papaya Watermelon Mango's Papaya's Kiwi's Passion fruit Plums Khaki Pineapple Avocado All types of cabbage Sugar snaps (freezer) Onions Asparagus Aubergine Maize Broccoli Celeriac Cauliflower Sweet potatoes Mushrooms and Mushrooms Chicory Fennel Peas Dried pulses (soak for at least 12 hours)

Apples, potatoes, spinach and hot peppers in particular are highly contaminated.
Organic or non organic: It is still wise to wash all fruit and vegetables carefully.