

2023 Dirty Dozen Fruits & Vegetables

- 1 Strawberries
- 2 Spinach
- 3 Kale, Collard & Mustard Greens
- 4 Peaches
- 5 Pears
- 6 Nectarines
- 7 Apples
- 8 Grapes
- 9 Bell & Hot Peppers
- 10 Cherries
- 11 Blueberries
- 12 Green Beans

To learn more about these lists and pesticides on fruits and vegetables, visit [foodnews.org](https://www.foodnews.org).

2023 Clean Fifteen Fruits & Vegetables

- 1 Avocados
- 2 Sweet Corn
- 3 Pineapple
- 4 Onions
- 5 Papaya
- 6 Sweet Peas (frozen)
- 7 Asparagus
- 8 Honeydew Melon
- 9 Kiwi
- 10 Cabbage
- 11 Mushrooms
- 12 Mangoes
- 13 Sweet Potatoes
- 14 Watermelon
- 15 Carrots