



Feeding our Future

GO ORGANIC

It's good for your health. It's good for the earth!

Top 12 Fruits & Veggies to Buy Organic



1. Nectarines
2. Celery
3. Pears
4. Peaches
5. Apples
6. Cherries



7. Strawberries
8. Imported Grapes
9. Spinach
10. Potatoes
11. Bell Peppers
12. Red Raspberries

As a general rule of thumb, the thinner the skin, the less protection fruits and vegetables have from pesticides. The flesh of many fruits and with thick, inedible skins – like avocados, pineapples, and mangoes – is protected and relatively unaffected by pesticides.

What does organic really mean?

Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations.

Advantages of organic

Since no chemical fertilizers and pesticides are used in producing organic food, consuming organic food means conserving the environment.



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