

# FRUIT

# VEGETABLES

FRUIT	ORGANIC	CONVENTIONAL PRODUCE				
		VERY LOW	LOW	MEDIUM	HIGH	VERY HIGH
Peaches	👍				Chile, USA	
Tangerines	👍				Chile <sup>1</sup> , South Africa <sup>1</sup> , USA, (Australia, Spain)	
Plums	•		USA		Chile <sup>1</sup>	
Nectarines	👍			USA	Chile <sup>1</sup>	
Apples	•		New Zealand		USA	
Strawberries	👍				USA, (Mexico)	
Cantaloupe	•	Honduras, Mexico	Costa Rica, Guatemala		USA	
Cranberries	👍			USA		
Mangoes	•	Mexico	Guatemala	Brazil		
Pears	•		Argentina, USA			
Oranges	•		Chile, South Africa, USA			
Cherries	•		USA			
Grapefruit	•		USA			
Watermelon	•	Guatemala	Honduras, Mexico, USA			
Blueberries	•	Uruguay	Argentina, Canada, Chile, USA			
Grapes	•		Chile, Mexico, Peru, USA			
Raspberries	•		Mexico, USA			
Apple Sauce	•		Canada, USA			
Bananas	•		Columbia, Costa Rica, Ecuador, Guatemala, Honduras, Mexico			
Raisins	•		USA			
Papaya	•	Belize, Brazil, Guatemala, Jamaica, Mexico, USA	Columbia, Costa Rica, Ecuador, Guatemala, Honduras, Mexico			
Peaches, Canned	•	Greece, South Africa, USA				
Pineapples	•	Costa Rica, Ecuador, Mexico, USA				
Plums, Dried (Prunes)	•	USA				

COMMODITY	ORGANIC	CONVENTIONAL PRODUCE				
		VERY LOW	LOW	MEDIUM	HIGH	VERY HIGH
Green Beans	👍			Guatemala	Mexico	USA
Sweet Bell Peppers	👍				USA	Mexico
Hot Peppers	👍				USA	Mexico
Winter Squash	•	Guatemala	Honduras, Mexico		USA	
Cucumbers	•		Canada		Mexico, USA	
Summer Squash	•		Mexico		USA	
Snap Peas	•		Mexico, USA		Guatemala, Peru	
Tomatoes	•		Canada	USA	Mexico	
Sweet Potatoes	👍				USA	
Cherry Tomatoes	•		USA		Mexico	
Celery	•	Mexico		USA		
Carrots	👍			Canada, Mexico, USA		
Greens, Kale	•		Mexico	USA		
Potatoes	•		Canada	USA		
Asparagus	•	Mexico	USA	Peru		
Eggplant	•	Honduras	USA	Mexico		
Lettuce	•		Mexico, USA			
Spinach	•	Mexico	Mexico, USA			
Greens, Collard	•		USA			
Cauliflower	•		Mexico, USA			
Cilantro	•	USA	Mexico			
Green Onions	•	Mexico	USA			
Broccoli	•	USA	Mexico			
Mushrooms	•	Canada	USA			
Cabbage	•	Canada, Mexico, USA				
Sweet Corn	•	Mexico, USA				
Avocado	•	Chile, Mexico, Peru				
Onion	•	Peru, USA				

👍 ALWAYS BUY • RECOMMENDED BUY

<sup>1</sup> Cancer risk greater than 1/100,000  
For countries in parenthesis, average score placed country in displayed category, but sample size was small and there is less certainty.

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